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Men's Fitness

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CARL FROCH
is **38** and fitter
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Find out how p58

MF TESTED

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**QUIT
YOUR
JOB**

Get paid
to do what
you love *p68*

Pre-workout
shakes
decoded
p134

Protein-
packed
lunch ideas
p98

Fat-burning
dumbbell
moves
p118

Goldie's
guide to
Bikram yoga
p37



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MAN OF TODAY


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HUGO BOSS

#MANOFTODAY

Contents November



Froch at 38
“I want to
always look
like I’ve
been a world
champion” *p58*

Carl Froch photographed by
Steve Neaves
Styling Hayley Lawrence
Grooming Laura Tucker using
Algenist, Tom Ford and Fudge Urban

Act your age

Whatever your age - 20s, 30s, 40s, 50s or beyond - the right type of exercise is key to living a long and healthy life *p50*

Bready meals

Packed lunch recipes from renowned chefs will save you money, improve your health and keep boredom at bay *p98*

Go the distance

Need advice on running a marathon? Take it from a man who went from nought to 370 in one year *p113*

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Contents November



Beet it
Beetroot juice allows you to train at higher intensity *p22*

Updates

Break-up therapy *p15*
Bottled up emotions will hit you harder later on

Recovery session *p16*
There's new thinking on how to recover after training

Less is more *p28*
Building muscle is about quality, not quantity

Should you cut carbs? *p34*
Four experts make their case.

Personal Best

Stretch yourself *p37*
Goldie tells *MF* why yoga is the ultimate test of strength

Hang tough *p42*
The take-anywhere kit that fixes muscular imbalances

Cool runnings *p46*
The gear that'll keep you warm on the road this winter

How to shave face *p48*
The perfect shave every time without visiting the barber



All kinds of HIIT
Effective full-body training in just two sessions a week, all thanks to high-intensity resistance training *p76*

Fuel

Bare grills *p92*
MF tests the best grills on the market, perfect for lean meat

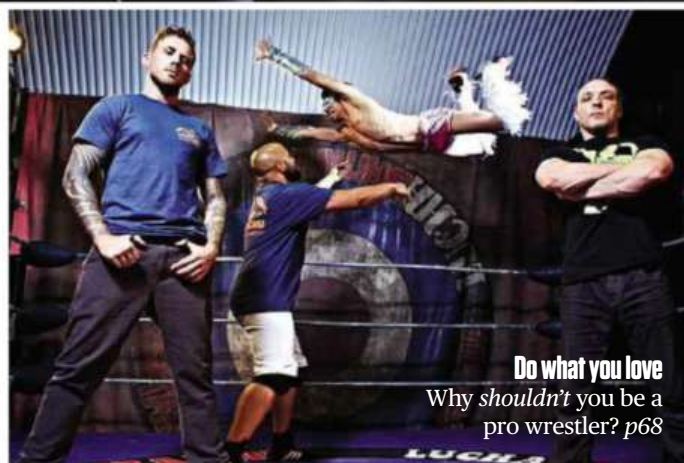
Eat cheese *p94*
Take parmesan, stilton and edam off your naughty list

Diets on test *p106*
Does dieting based on your blood type actually work?

Trainer

Bodyweight bonanza *p122*
Do this kit-free Convict Conditioning workout for major muscle gains at home

Fat fighter *p139*
The easy, step-by-step plan for shedding excess body fat



Do what you love
Why shouldn't you be a pro wrestler? *p68*

Sipping pretty
Not all health drinks are created equal. *MF* sorts the wheat from the chaff *p45*



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Q: What's your plan for retirement?



A long boat cruise round the World? Finally learning to tango? Sitting round a pool in a pair of budgie smugglers admiring Spanish lady pensioners?

For many of us, that day is still a long way off (and getting increasingly distant if we're to believe a recent *Time* magazine report that people born between the 1960s and early 1980s may never be able to afford to hang up their working boots). For Carl Froch, though, his retirement - boots and gloves - has come at the tender age of 38.

When *Men's Fitness* met the four-time world super middleweight champion in his hometown of Nottingham for this month's cover shoot, we found the boxing legend in great form: both physically - he credits a new regime of swimming and weightlifting for that - and mentally.

It's well documented that many professional athletes struggle emotionally when they finish competing. Being so defined by their careers, they often feel a profound sense of loss. Froch, though, was seemingly buzzing about life after boxing. More time for his kids, experimenting with his training (an Ironman triathlon is on the cards), Sky Sports punditry, and acting roles. It was pleasure to meet him, and the sight of the Cobra racing a Triumph motorbike through a Nottingham housing estate with locals looking on in adoration was one we'll treasure in years to come... when we're sipping sangria in our Speedos.

Joe Barnes, Editor

 @MF_Barnes



We've freshened up the *MF* design this issue: all the same useful content and inspiring stories (plus a couple of new regulars) but with added punch. We hope you love it as much as we do. Let us know via the usual channels.

IN THIS ISSUE

Just a few of the pros we've consulted this month. We also asked them about their plans for retirement



George Anderson

Cardio coach and founder of Intelligent Running (p30)
"I love what I do, and every year brings new challenges and adventures, allowing me to do all the things that I love to do. I don't have plans to retire in the conventional sense, but when the kids have left home I'd like spend chunks of the year living in different places around the world."



Martin Sutcliffe

Equinox trainer, online coach and fan of high-intensity resistance training (p76).
"I haven't given retirement a lot of thought - but one plan I do have is to travel, see the world and finish up in Australia, live next to the beach, train outdoors and open up my own gym."



Dr Thom Philips

Doctor of sports medicine who knows how to keep you active into your 60s... and beyond (p50).
"I've run with guys well into their 80s over the years and I plan to follow suit. Combine that with self-sufficient living by the sea and I've got my perfect retirement planned. Great trails, garden veg and fresh fish. What more do you need?"

#ShareThePain

Share with us your training feats, PBs, or just how you read your *MF* with the hashtag above



BA
BE AN ATHLETE

PREMIUM SPORTSWEAR

THE MFERS

The staff and readers of *Men's Fitness* are always in the thick of the action



Matt, features writer
#OffToJoinTheCircus

I found myself hanging upside down from a trapeze at Gorilla Circus (gorillacircus.com) in Hyde Park after a friend suggested we try it. The adrenaline rush is incredible, although when I saw the pictures I was a little disappointed to find that my perceived grace actually just looked extremely clumsy.



Ben, deputy editor
#AWorldOfHIRT

My gym time has been seriously limited this month, so I've embraced the pain of twice-weekly HIRT (high-intensity resistance training) workouts. They feel every bit as bad as they sound - but for the maximum muscle, fat loss and cardio gains in the shortest time, they're hard to beat. Turn to p76 to find out more.



Optimum Nutrition Upgraders
#Upgraded

After three months of seriously hard work and a little help from their Optimum Nutrition trainers, the four Upgraders, Ben, Matt, Alistair and Niall, have finally reached their goals. What do the results look like? Turn to p82 to find out.



Joel, associate editor
#Trolling

I've been at Norway's Troll Wall, watching wingsuit flyers soar past at upwards of 200km/h (see p24). It's awe-inspiring stuff and the tech's getting even better - within a decade, you'll believe a man can fly.

Issue 184 November 2015

Men's Fitness



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Meet the New Vitamix S30



The new Vitamix S30 quickly blends fresh, whole ingredients into breakfast, lunch and dinner. The S30 comes with two containers—a 600 ml blend-and-go beverage bottle with flip-top lid and a 1.2 litre container for small batches of soups, sauces, frozen desserts and more. Now high-performance blending fits easily into any home kitchen. Available in a wide range of colours including Red, Brushed Stainless, Cream, Black, White, Daybreak Blue and Sour Apple Green.

www.vitamix.co.uk



Q Now that summer is drawing to a close and we're seeing even less of the sun in Britain, should I take vitamin D supplements?

Louis, Staines

Actually, you might be better off taking it all year round. "Vitamin D is obtained mainly from sunlight but it's an essential part of the diet, with many potential positive effects on health including regulating calcium and phosphate, which are important for healthy bones and teeth," says intensive care doctor Emil Hodzovic (instagram.com/projectgoliath). "Unless you're living on the Equator, a daily supplement is ideal for keeping you topped up." Doctors recommend 1,000IU a day for adults - almost all supplements provide this amount or more.

Q Should I work out with my friends or will they distract me?

Piers, Penzance

It depends if they're working hard. A study in the *Journal Of Social Sciences* found that people who rode an exercise bike next to someone who was pushing a high pace worked much harder than those who were next to someone going easy. So if your mate trains like a beast, tag along; if they're more interested in their next Instagram post then keep your sessions solo.

Q I'm worried I've got a food intolerance. Can I somehow test myself to see what the problem is?

Oscar, Bedfordshire

Short answer: no, you need to see a GP. The longer answer comes from The National Institute of Clinical Excellence (NICE), which says that while hair testing or Vega tests (which measure electromagnetic conductivity in the body) sound scientific, there's no compelling evidence that they work. Tests are only part of a diagnosis. You can get an idea by cutting foods out of your diet and seeing the effect but for a conclusive verdict, see your doctor.



Q I've got calluses on my hands from lifting weights. Is there any way to prevent or get rid of them?

Barney, Nottingham

Calluses are a natural form of protection, so focus on managing them rather than removing them. "When gripping the bar or dumbbell, be conscious not to trap a fold of skin on the palm of your hand because that exacerbates the situation," says Olli Foxley, PT at W10 Performance (w10performancgym.co.uk). "Using chalk on your hands will stop the bar slipping and creating friction. If they're really bad, file them down with a callus file." Using chalk dries out your hands so moisturise them to keep the skin supple.



Last issue's issues:

Q Reading about smoking meat in the last issue (Nutrition News) made me hungry. But I thought anything with carbon or smoke was bad for you?

Ant, Chepstow

The carcinogenic aspect of smoked meat isn't as bad as you might think. For a start wood smoke contains phenol (carbolic acid), which is a good antioxidant. Also, a study in the journal *Mutation Research* found that while smoked meat could possibly be carcinogenic to people, the studies have used high doses and been performed on animals. Evidence that the compounds that form cause cancer in humans has not been found.

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Don't let break-ups bring you down

Women call their friends in tears when a relationship ends. Men head to the pub, chat up anyone who'll listen and are fully recovered by the next day. Right? Wrong. New research from Binghamton University in New York found that while women are hit hardest at first, men "move on" without fully dealing with the loss - which can have worse effects in the long run.

Study author Craig Morris says the differences boil down to biology. "Men have evolved to compete for romantic attention. The loss of a high-quality mate may hurt less at first, but men feel the loss deeply and for a long time as it sinks in that they must start competing all over again to replace what's been lost."

That doesn't have to be the case, though. Defy the normal rules and restore your emotional health with the help of relationship coach Stephan Labossiere (stephanspeaks.com). "If she was 'the one' you'd still be together. Embrace that fact and finding your perfect partner becomes a long-term goal rather than a daunting competition to be won immediately."

The key? Being open about how you really feel. "Bad feelings only linger if you hold them in, and the idea that men shouldn't talk about their emotions is outdated rubbish," says Labossiere. "Lastly, be productive and positivity will naturally follow." Do that and before long you'll find that millionaire supermodel with a PhD.



Pop an e-pill, race with confidence

Overheating saps your energy and, in the worst cases, can even be fatal.

Measuring your core temperature can prevent such catastrophes, especially in hot environments - so enter the e-Celsius Performance, an ingestible tracker that transmits data every 30 seconds for 30 days before leaving through your gastric system.

'It's just the start,' says Isabelle Lauret of maker BodyCap (bodycap-medical.com). 'Other applications include gauging medication effectiveness and monitoring bowel function.' It's also disposable, so you won't need to, er, retrieve it after use.

Science says
Avoid
ice baths



The new
rules of...

post-workout recovery

If you (and your testicles) have ever suffered an ice bath, you'll be glad to know that new research from the University of Queensland rubbishes the torturous practice. 'Cold water immersion after training substantially attenuated, or reduced, long-

term gains in muscle mass and strength,' says study co-author Dr Llion Roberts. Unless you're a masochist, we doubt post-gym sub-zero dips are a regular fixture for you anyway - but if this previously established form of recovery has been laid to rest, what should you do instead?

Roberts suggests active warm-down exercises such as hopping on a stationary bike or rowing machine. Sound advice, but FA physiotherapist Steve Kemp says that's just the start of it. 'Post-workout protein, whether from food or a supplement, is vital for muscle repair. And adequate hydration is just as important because it helps remove excess toxins from your body and helps the protein do its job.'

Quality rest is also a must. 'A full sleep cycle of seven to eight hours is essential to complete the phases needed for proper muscle recovery,' says Kemp. 'If your session was particularly hardcore, wear compression gear in bed to encourage even blood flow through the night.' If Kemp's techniques are good enough for footballers worth millions, they're good enough for us. And not an ice cube in sight.

SIMPLE UPGRADES

Raise your game with the help of the latest cutting-edge research



STAND BURN FAT

Two hours of standing - instead of sitting - each day is enough to improve blood sugar and cholesterol levels, as well as boosting your metabolism. Attach this latest pro-standing study to an email to your HR department requesting a special desk so they know you won't take a refusal... sitting down.
Source: University of Queensland



IGNORE TWITTER BE SMARTER

We've all entered a room only to realise we've forgotten why we're there. The more frequently you check your phone or the internet, the more often it'll happen. Reduce the frequency of these "cognitive failures" by putting your phone in the next room when at home (just remember not to leave it on silent).
Source: De Montfort University



LOOK FAR SPRINT FASTER

Focusing on something in the distance helps you run towards it up to 23% faster. That's because - in a perfect example of mind over matter - locking your gaze on an object ahead of you makes it appear a third closer, an optical illusion that produces a burst of energy to get you there quicker.
Source: New York University

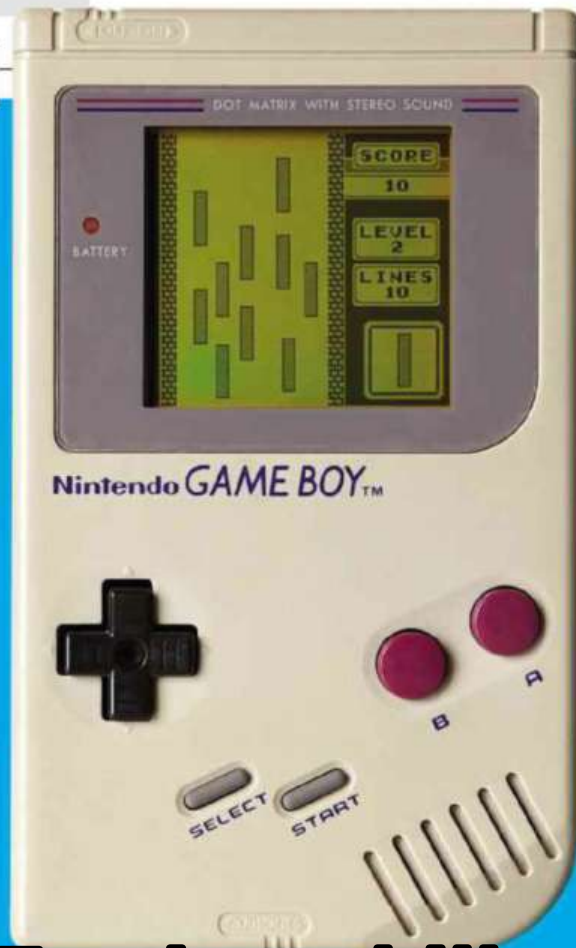
A man with short dark hair is standing in a modern, industrial-style building with concrete walls and railings. He is wearing a black long-sleeved shirt with a small white logo on the chest, light grey joggers with a small black logo on the left thigh, and black sneakers. He is looking off to the side. A large, stylized grey 'P' logo is overlaid on the left side of the image.

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MF10

Fitting blocks into gaps in a wall will distract you from fitting chips into gaps in your stomach



Play Tetris to kill junk food cravings

Next time you feel the need to help your cakehole live up to its name and stuff it full of Battenberg, grab a Game Boy instead and fire up the classic Russian tile puzzler. Don't worry if, for some strange reason, you don't own Nintendo's 1989-vintage handheld - there's a version of the game for almost every electronic device in existence (smartphones were used for the Plymouth University study into its benefits). As little as three minutes tussling with Tetrominos is enough to distract you from any unhealthy desires.

'Playing Tetris decreased craving strength from 70% to 56%,' says study author, psychology professor Jackie Andrade. 'We think it's because craving involves imagining the experience of consuming a particular substance.' In other words, it's hard to picture doughnuts while your brain's otherwise engaged. The same should apply for any captivating game, so if Tetris isn't your thing you've now got a valid excuse to start Angry Birds 2 or Game Of War, or to resume your Candy Crush addiction. Although spending hours looking at confectionery might not be hugely effective.

The next big thing?

This month: FATwater

The latest developments in nutrition - explained

The claim Water with added oil is more hydrating and energising.

The truth FATwater is the latest product from Bulletproof Diet mastermind Dave Asprey. An alternative to energy drinks, "it has tiny droplets of fat that your body really likes," says Asprey. Those droplets are medium-chain triglycerides (MCTs) from coconut oil, and they're supposed to "bring the water into your cells more effectively" as well as providing energy.

Sounds good, but is it true? "Adding fat to water isn't proven to be more hydrating," says dietitian Priya Tew (dietitianuk.co.uk). "Also, instead of being stored in fatty

tissue to be used for energy later, MCTs are typically just burned off. It's not useful energy." MCTs can help with weight loss - one study found that people eating them lost more weight than those eating the same amount of olive oil - but adding them to water? Not so much.

Asprey himself is aware that more research is needed, saying "we're working on specific studies for these exact formulations". In the meantime, turn to p45 for expert opinions on the latest health drinks available.

The Bottom Line There's no evidence that drinking water with added fat will better hydrate you or give you more energy. Until there is, stick to water when you're thirsty.



YOUR REALLY GOOD FOOD GUIDE

The latest in life-enhancing research developments

OMEGA 3 BUILDS MENTAL HEALTH DEFENCES

The case for fish oil just got stronger. It's been associated with brain health, but now research based on decade-long clinical trials suggests it also protects against psychotic disorders. Take capsules daily for literal peace of mind.

Source: Nature Communications

BLUEBERRIES LOWER BLOOD PRESSURE

A handful every day can take you from a worrying 138/79 to a healthy 131/75 thanks to the boost they give your nitric oxide levels, which widens blood vessels. Combine it with Greek yogurt for a heart-healthy dessert.

Source: Florida State University

LEAFY GREENS CURB HUNGER PANGS

Thykaloids are one of the best things for preventing peckishness between meals. Thyka-whats? Plant membranes that are part of the photosynthesis process, they also encourage the release of hormones that make you feel full. Eat spinach with your breakfast and you'll be satisfied until lunch.

Source: Journal Of The American College Of Nutrition

Embrace the strongman revival

**MUST-DO
MOVE**

The entry-level edition of a classic carry will work your abs and legs - and your determination

Don't call it a... actually, you definitely can call this a comeback. If the Zercher carry looks familiar, it's probably thanks to Schwarzenegger's breakthrough movie role - you might recall that Conan the Barbarian spent most of his youth hauling a gigantic wheel around in a similar position. This event is still a mainstay of strongman competitions, where it's often known as Conan's Wheel, but the gym-friendly version has plenty of benefits for non-behemoths.

"Because the weight's in front of you, there's no compressive force on your spine," says strength coach Chet Morjaria. "But it forces you to use your anterior stabilisers - your abs, basically - to stay upright, as well as working your hamstrings and glutes." On top of that, the Zercher carry'll even help build your biceps. Arnie would undoubtedly approve.

How to do it

Use this one as a leg-day finisher. Load up your barbell (it's easiest in a rack) and lift it out in the crook of your arms, with one fist clasped over the other and your elbows tucked against your ribs. Walk with your chest high and shoulders back, then turn under control and head back to the rack. Increase the weight as you adapt to the move - and yes, it's OK to wrap a towel around the bar.

Sets 3
Distance 30m

Words Joel Snape Photography Joel Anderson, Rex, The Kobal Collection Model Jay Conroy@Wathletic-Grooming Alice Theobald@Joy Goodman

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Halfthor Júlíus Björnson
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Conan
Barbarian



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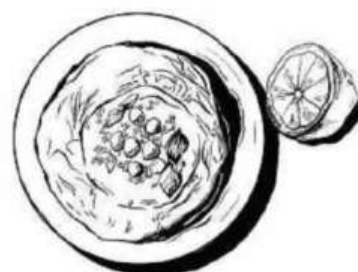
Workout-boosting beetroot

It's in season
and - from now
- it's in your
shopping basket

Find yourself running out of steam mid-workout? It could be time to beet it. That's according to new research from the catchily-titled *American Journal Of Physiology - Regulatory, Integrative And Comparative Physiology*, which found that drinking beetroot juice before exercise improved blood vessel dilation and reduced the amount of oxygen required by the heart, allowing participants to increase the intensity and duration of their training. As a bonus, it lowered their blood pressure too.

Words Ben Ince Illustration Alix Watson Photography Joseph Sinclair

Skip the supermarket and buy fresh market-stall beets that have the green leaves still attached - these are delicious boiled or steamed themselves, with a similar texture to spinach



Make this

- Don't like drinking beetroot juice? Instead, blend 400g chickpeas and 250g cooked beetroot with 100ml extra virgin olive oil, 1tsp cumin, 1tbsp tahini and 1tbsp lemon juice and enjoy DIY beetroot hummus - with bonus carbs to help fuel your gym efforts.

James
Anderson

England's No.1
wicket taker
of all time*

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energised and
protected."



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VITABIOTICS
SCIENCE OF HEALTHY LIVING

Frequent flyers

New film *Sunshine Superman* celebrates BASE-jumping pioneer Carl Boenish - and the fast-evolving sport of wingsuit flying. *MF* met the crew at Norway's Troll Wall, the setting for the film's dramatic final act

1 Eric Bruggemann, producer
"Carl's motivation was to create a visual experience for someone who'd never BASE jump, to say, 'If these people can do this, I can deal with my fears'. Base jumpers manage their fear to perform. Doing that gives you confidence."

2 Fred Husøy, climbing guide
"It was great to see Carl's smile on the big screen. He'd love to see how far the sport's come."

3 Ivan Brennhovd, guide
"In modern wingsuits you glide 4m horizontally for every metre you fall. Soon there'll be a small engine that gives you a tiny amount of lift - that's when you'll be able to fly."

4 Lars Løge, co-producer
"Normally extreme sports crews use tiny cameras, but we used a stripped-down Red Epic that weighed nearly five kilos. Rudy, who doubled for Carl, just went, 'OK, I'll try it'."

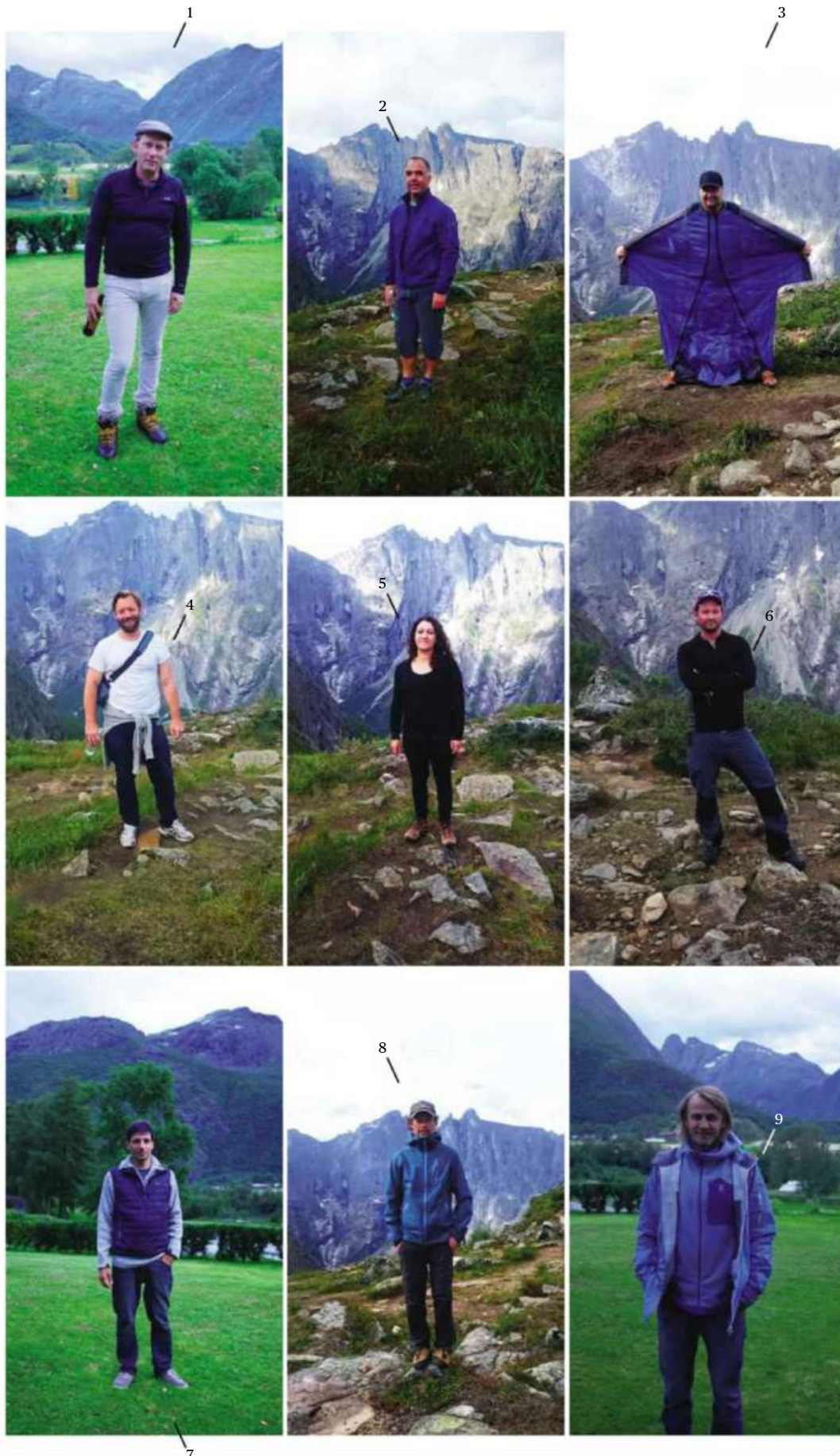
5 Marah Strauch, director
"My uncle shot footage of Carl - I thought it was beautiful and used it as the basis for the film. Carl's wife Jean [also a BASE jumper] was intrigued that we were trying to present a new view on the sport."

6 Nico Poulsen, cinematographer
"We were flying at 150km/h in the helicopter - but they go nearly twice that speed."

7 Rodolphe "Rudy" Cassan, wingsuit cameraman/"Carl Boenish"
"When I started wingsuit flying 11 years ago, it took me two years to learn. Now the suits almost fly themselves - you can get up to speed in a couple of months."

8 Stein Lindseth Olsen, wingsuit flyer
"Wingsuit flying is very safe now. When it goes wrong, it's almost always human error."

9 Tom Erik Heimen, wingsuit flyer
"Sometimes you're rushing past a wall at 200km/h. There's no room for mistakes."



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Music can fire up your morning run round the park by lowering the perception of effort and even dulling aches and pains. That's good to know, but as screens get bigger, strapping a phone to your arm isn't much different from lugging round an iPad, while the array of sports earphones vying for your attention makes choosing a pair more bewildering than most David Lynch movies. The Sony Smart B-Trainer sidesteps those issues by packing 16GB of storage into the actual cans. It then goes a few steps further by removing any need to take a sports watch, chest strap, phone, armband and earphones on a run by combining the lot in one £230 package.

A heart rate monitor, accelerometer, GPS, compass, gyroscope and barometer record your runs and combine with voice guidance to act as an in-ear coach. Just choose your goal (build endurance, burn fat, train for a race) and the reassuringly non-robotic-sounding voice keeps you on track while tunes are selected based on BPM. If your pulse is faster than it should be, for example, a slower track encourages a drop in intensity and the B-Trainer tells you to lower the pace. It's also waterproof up to 1.5m, although this is more of an added extra because there's no coaching for swimming. Our favourite bonus feature? You can add voice memos on the move: 'Note to self... remember mum's birthday.'



Heart rate is recorded by measuring the subtle pressure changes inside the ear canal caused by your eardrum being vibrated by moving arteries

The 16GB internal memory can store around 3,900 tracks

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IPX5 and IPX8 waterproof certification means you can swim down to 1.5m with no worries

A full battery charge gives nine hours of continuous use

This sits on the scales at just 43g

Performance enhancers

Three ways music will make you run better (even if you don't own a B-Trainer)

1 More energy

A study found that treadmill runners went for 18% longer when listening to synchronous music. Get a cadence-matching app such as jog.fm to go longer.

2 Optimum pace

Most elite distance runners take 180 steps per minute. Emulate that by listening to drum and bass, which averages the same BPM. Horns and whistles optional.

3 Minimal pain

Running to music reduces the perceived effort by up to 12%. It works best with tracks you love, so make a banger-only playlist that lasts your whole run.

Q: Can I get stronger by training less?



Name Brendan Chaplin
SPECIALITY Strength and conditioning

As head of strength and conditioning for Leeds Met Carnegie and conditioning coach for the Asylum Vale Tudo MMA Fight-Team, Chaplin knows how to get athletes into peak shape

A lot of people assume that the more work they put in at the gym, and the longer and harder they push themselves, the better their results will be. That's understandable - it seems logical. But if you want to maximise your gains, the key is to focus on the quality of the work rather than the quantity.

Your body is capable of making only tiny, marginal adaptations and improvements at any one time. Once you've given it enough stimulus to make these changes, any additional work you do after that point won't be making you any better. If anything, it'll hamper your progress, because you'll need longer to recover afterwards and won't feel as fresh when you start your next session. Ideally you want to do the smallest amount of work required to stimulate growth in every workout and then immediately call it a day - in other words, the minimum dose stimulates the maximum marginal gains.

How much work you need to do is relative to your current fitness levels. For example, a relatively new gym-goer who wants to get stronger might read about a squat workout of ten sets of five reps and try it in his next session. In theory it's a sensible protocol for building strength, but if he's only ever attempted three sets of five in his previous workouts, he'd be wasting time. The fourth set would push him past his previous limit and force adaptation, but subsequent sets would just add more stress to his system and increase the likelihood of injury.

As a general rule, regardless of your training experience, aim to only increase the volume of any particular exercise by one set or one to two reps from workout to workout.

Warm to the task

Another benefit of streamlining your main workout is that it'll free up more time for a thorough warm-up, which - if done properly - can help make your sessions even more productive. If you start your workout with five minutes on the treadmill followed by some static stretching, stop that.

A quality warm-up should follow a RAMP protocol: raising your pulse, activating relevant muscle groups, mobilising your joints and movement patterns, and focusing on potentiation, which means using power-based exercises to prime the body for what's to follow. At best, the traditional treadmill approach will raise your heart rate and activate some muscle groups, but by missing out the other stages you'll be severely hampering your performance.

Warming up correctly will guarantee that the right muscles are firing at the correct times. For example, a RAMP-style lower-body warm-up like the one below will ensure that your glutes, quads, hamstrings and calves are all firing when you squat. A minimal or poorly constructed warm-up before a squat workouts means your lower back will be put under pressure. A proper warm-up will let you make marginal adaptations in as many different muscles as possible and improve your metabolic response, allowing you to maximise your strength and fat loss gains in every workout.

So next time you see some guy grunting his way through his eighth set of 12, don't be tempted to emulate him. Focus on an effective warm-up and small additions to your previous workouts. That's how you win at the gym.
brendanchaplin.co.uk

The Bottom Line Bigger isn't better. Focus on quality rather than quantity to keep making gains in the gym.

Illustrations Sudden Impact Photography Tom Miles

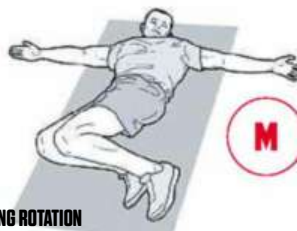
RAMP UP YOUR GAINS

Add these exercises to your warm-up on lower-body workout days to get the most out of your session



OVERHEAD SQUAT
REPS 5

Sink into a deep squat holding an empty barbell or a stick overhead, keeping your chest up. Press through your heels and return to standing.



SIDE LYING ROTATION
REPS 10 EACH SIDE

Lie on your side with knees bent and arms extended, palms facing. Rotate your torso, bringing your top arm over your body to touch the floor on the other side.



BOX JUMP
REPS 5

Jump explosively onto a small box using your arms to generate momentum, then step down one foot at a time.



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Name George Anderson
Speciality Road running

The creator of the Intelligent Running training programme, who's also a fitness writer and broadcaster, explains how you can benefit from avoiding traditional distances for a while

Q: Will running odd distances make me faster?

Forget the marathons and half marathons. For your next race take on a distance you haven't run before. This isn't about being some kind of running hipster, though - there are psychological and physiological benefits to running an unusual distance.

If you've run a lot of half marathons and 10Ks you'll have a good idea what to expect during the race. You'll know the pace you want to stick to and how the distance feels in your legs. No doubt you'll have the same sort of race strategy for races of a similar length - once you've found something that gets you to the finish line in a time you're pleased with, you're less likely to try a different strategy that might improve your time (for example, a negative split, which is where you run the second half of the race faster than the first).

But if you move away from that and change the distance, you're in effect running a first-time race - you need a completely different strategy. This will shake up your thinking. In fact, I'd recommend going to back to square one, which can be liberating. A training partner of mine once said that every time he trains he tries to do at least one new thing so he's guaranteed to set a personal best. Innovation is a huge boost to motivation, and starting your plan from scratch can be even more so.

Less pressure, more speed

There are numerous advantages of mixing it up: as well as not having your previous times looming over your head, your friends are less likely to compare their own personal bests with yours. As soon as you mention a half marathon or a marathon, the first response is, "Ooh, what time did you do it in?" You'll get a lot less of that if you announce you're running a 28K.

This isn't just about picking strange races so you don't have to compare speeds with people, though - it can have a positive impact on your traditional-distance runs. If you're training for a half marathon and you run a 16K, say, it tests your race pace without the strain of running the full distance. And if you're running a 10K, you should find that going 6K further at a slower pace gives you an endurance boost that benefits your 10K time.

There's no great secret to training for unorthodox distances. You can easily adapt most standard running programmes. Most plans get you to run for a set time rather than a particular distance, so pick the training schedule for the race length closest to yours and adjust the race pace according to your target. It should only take one or two unusual events for you to improve your times in the traditional races - so try a 39K or a 45K, and a new marathon PB could be just months away.
runningbygeorge.com

The Bottom Line Mixing up your distances can improve your times across the board - and boost motivation



Forrest Gump ran for over three years, which is probably taking it a bit far if you just want a new marathon PB

Course oddities

Popular UK races that don't conform to the traditional event distances

THORNEY FIVE MILE CAMBRIDGESHIRE

A five-mile race is just 2km shy of a 10K, so it's ideal for testing out your race pace - especially on this straightforward and fast closed-road course.

thorneyrunningclub.co.uk

CABBAGE PATCH 10 SOUTHWEST LONDON

This famously flat ten-mile (16.1K) race starts in Twickenham and loops around Kingston and Richmond. It's taking a break in 2015 but returns next year

cabbagepatch10.com

FINCHLEY 20 NORTHWEST LONDON

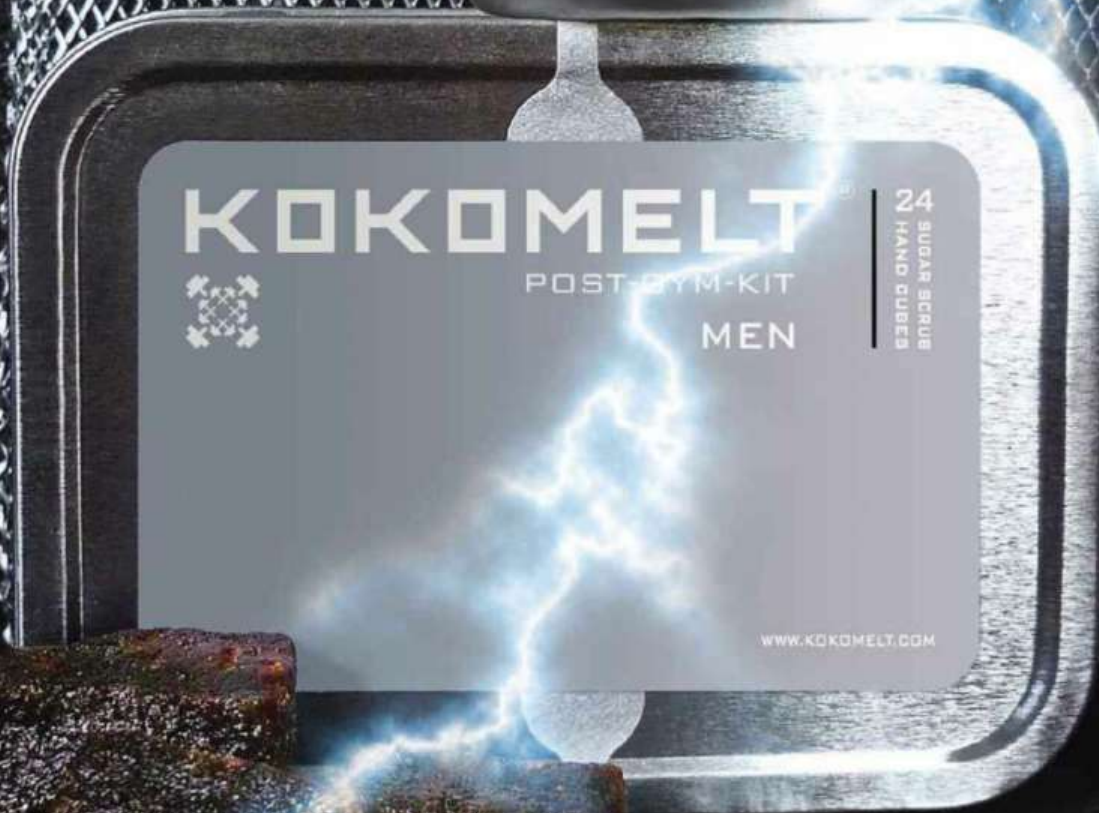
Gentle ups and downs characterise this 20-mile road race - staged in Ruislip, despite the name - that can be used to test your pace for a marathon or build endurance for a half.

hillingdonac.co.uk/120/

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Name Dr Douglas Graham
Speciality Nutrition and raw food

Qualified chiropractor and nutrition expert Graham has worked with top athletes, including tennis champion Martina Navratilova, NBA pro Ronnie Grandison and bodybuilder Kenneth G Williams.

Q: Should I be eating more raw food?

Before humans were able to control fire, anything that had to be cooked before eating was simply not fit for human consumption. Now we use cooking to remove potentially dangerous bacteria and parasites from some foods - but we also rely on it to make most of our food readily digestible.

Research shows that cooking can affect nutrient bio-availability, which means that in most cases you get fewer nutrients from cooked food than from raw. A few nutrients are more available in cooked foods, though, so consider the nature of the nutrients when deciding what to cook and what to eat raw.

A long-term raw-food diet was shown to aid weight loss in a study published in the *Annals Of Nutrition And Metabolism* in the late 1990s. On average, after three years of consistently eating a high-carb diet of at least 90% raw food, men lost 8.5-9kg. Salad vegetables also provide electrolytes, which optimise your ability to deliver oxygen to your cells, improving muscle performance.

More recently Harvard scientists have determined that cooking food performs some of the digestion for us. For example, it metabolises long chains of glucose and untangles proteins, which makes the nutrients more bio-available, and means our bodies expend less energy in the digestive process.

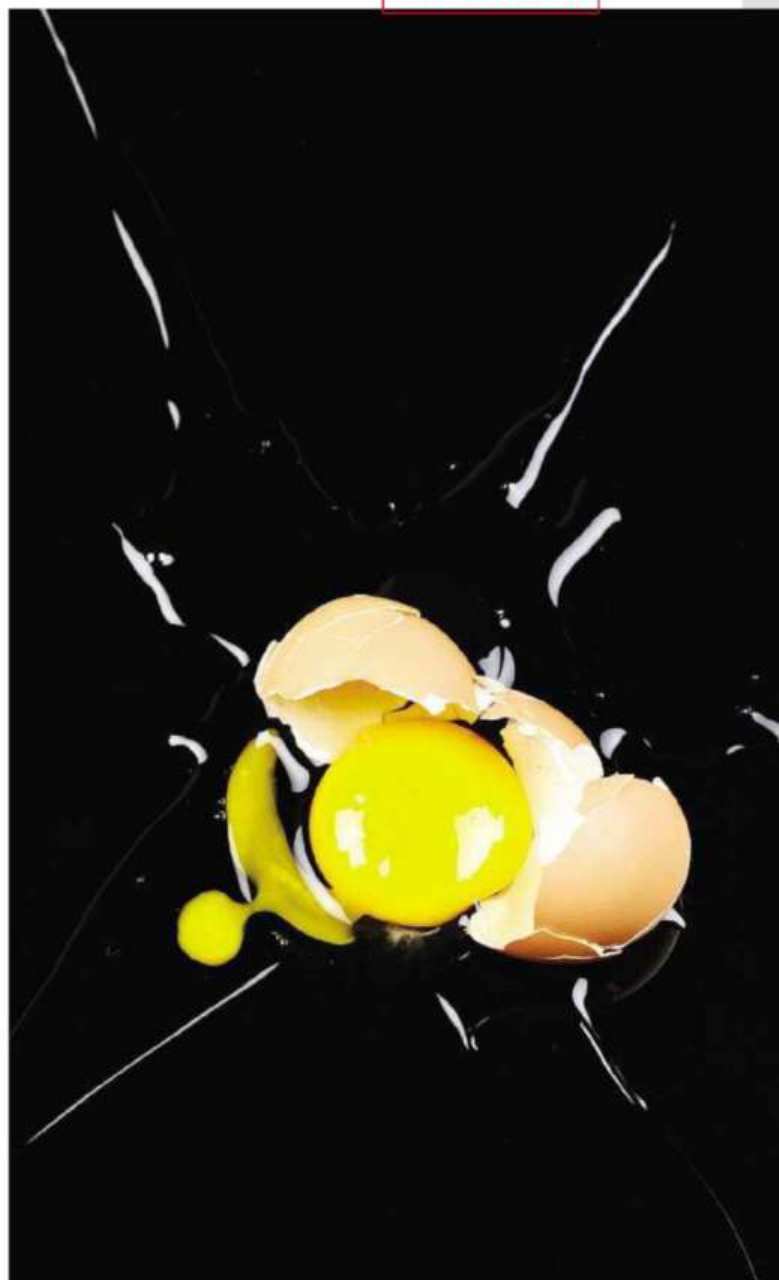
Now you're cooking

Some methods of cooking are healthier than others. A 2009 study in the *Journal Of Food Science* found that boiling and pressure cooking are the worst for vegetables because nutrients are lost in the water and their antioxidant power is cut by 14%. The microwave preserved 97.3% of the antioxidants on average.

Although cooking makes some nutrients more readily available it also creates anti-nutrients, carcinogens and mutagens. Damage can begin at temperatures as low as 48°C. Simmering, steaming or crock-pot cooking meat at below 100°C limits the damage, and you should always partially cook meat with one of those methods before putting it on the barbecue. I'd also advise eating carcinogenic inhibitors with meat, including cruciferous vegetables (like broccoli and sprouts), yogurt and leafy greens.

Eating more raw food doesn't mean replacing other foods you like - just add more of the natural stuff. Also, don't assume that adopting a raw-food diet means eating like a rabbit. Raw food can be prepared in a variety of delicious ways - use vinegar, herbs, spices and dressings with the distinctive flavours of olive, rapeseed or sesame oil and lemon juice. Preparation doesn't have to mean cooking, and cooking isn't always bad for food - but increasing your intake of raw food will up your nutrient levels.

The Bottom Line Eating the right foods, raw or cooked, can increase your nutrient intake and benefit your health.



The raw and the cooked

When to bring the fire

RAW



Peppers

Up to 75% of the antioxidant power of bell peppers can be lost in cooking by any method.

Garlic

The secret to maintaining the anti-cancer effects of garlic? Either eat it raw (in salsa, home-made dressings or pesto) or crush it first, wait ten minutes and then cook it.

Tomato

Cooking a tomato increases the levels of cancer-fighting lycopene threefold - but eating it raw with olive oil increases its availability just as much.

COOKED



Mushrooms

Cooking breaks down fungal cell walls, which makes mushrooms more readily digestible.

Beans

They should be rinsed, soaked and then cooked to get rid of insoluble fibres and toxins that make them hard to digest and can cause bloating or worse.

Cruciferous veg

The likes of kale, cabbage, broccoli and cauliflower can negatively affect thyroid function, but cooking these vegetables neutralises the risk.

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The ex-endurance athlete

Mark Sisson, author of *The Primal Blueprint* (marksdailyapple.com)

At first glance this latest study appears to discredit low-carb diets, but let's look deeper. First of all, researchers pitted low-carb against low-fat for just six days, even though fat adaptation takes several weeks to kick in.

Also, the low-fat diet was very low-fat, while the low-carb one was merely moderate: 8% of calories from fat, 29% of calories from carbs. In the discussion section of the paper the authors even speculate that fat loss during the low-carb part of the study would have outpaced the low-fat diet if the reduction of carbohydrates had been more severe.

Considering all this, it's clear that low-carb eating for fat loss is still very much in **the game**.



The medical doctor

Dr Ron Rosedale, author of *The Rosedale Diet* (drrosedale.com)

In a word: no. This experiment isn't intended for real-life application because unless they're in cages and fed by lab technicians, people are driven to eat what and when they want.

A low-carb diet has benefits - the major one being that over time it naturally reduces your craving for carbs, meaning you'll eat less overall. It also encourages your body to burn more fat for energy, and do this more consistently. When you're burning fat all day you don't end up storing much of it - plus you'll feel fuller for longer and be less likely to overeat.

Force-feeding, as was done here, ignores this most critical aspect of the hormonal control of hunger. Basically, no-one would eat a diet like the one in this study.



Q: Should you ditch the low-carb diet?

A US National Institutes of Health study found cutting dietary fat can reduce body fat more than ditching carbs - and the media claimed this shows low-carb diets are ineffective. We ask the experts what it really means



The sports nutritionist

Martin MacDonald, clinical performance nutritionist (martin-macdonald.com)

This was a great study with few flaws. The only negatives to come from it are some of the interpretations of the results. The authors state that the "low-fat diet [would lead] to more long-term body fat loss than with the low-carb diet", which isn't what this study is about.

What it does show us is that cutting carbs isn't the only route to fat loss, but that doesn't mean it's not still effective. Some people will benefit more from reducing carbohydrates, some from reducing fat - it depends on each person's physiological and psychological responses to these restrictions.

This study dispels the myth that you need to cut carbs to lose fat. However, it doesn't change the fact the best fat-loss diet is always the one you can stick to.



The study co-author

Dr Kevin Hall, senior investigator at the National Institutes of Health

Our study doesn't signal the end of low-carb diets for weight loss. It wasn't designed to test whether low-carb diets are more or less efficacious in the real world.

Indeed, many randomised controlled trials seem to suggest that prescribing low-carb diets may be more effective than other diets over several months in many people.

Researchers and low-carb enthusiasts believe the reason low-carb diets may be better for weight loss is because they lead to a metabolic advantage involving decreased insulin output that means the body's fat cells release stored fat, increasing fat burning and overall calorie expenditure. Our study suggests that *isn't* the reason behind the effectiveness of low-carb diets for weight loss. It doesn't mean low-carb diets are ineffective.

MF SAYS
Max Anderton,
Updates editor

Ignore the headlines. The study examined what happens when our bodies convert food to energy - it wasn't comparing low-carb and low-fat diets in a real world setting. Moderating your carb intake and skipping the refined kind (white bread, rice and pasta) will help you be more lean, but completely cutting them from your diet means you miss out on valuable fibre and have to pretend sandwiches are dead to you. Everything in moderation.



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** 17.1% of drink drive accidents are between hours of 5am and 1pm (Source: Dept. for Transport, Road Accidents and Safety Annual Report 2010)

* 4 Pints of Abbot Reserve contain 14.8 units of alcohol (Source: Greene King) and each unit takes 1 hour to leave the body (Source: NHS). Therefore 14.8 hours after 9pm the alcohol will have passed from the body.

11
15

Personal best

Enhance your life

Words Max Anderton
Photography Ben Knight

HOT BIKRAM
YOGA WITH

Goldie

The drum and bass legend has just turned 50, but feels fitter than ever. He credits yoga for not only getting him in the best shape of his life, but also saving it. We join him to see what all the fuss is about ➡



W

aiting outside the studio at Hot Bikram Yoga London Bridge, we almost have to pinch ourselves - but this isn't a fever dream. We really are about to spend 90 minutes doing yoga with a man famous

for everything from breakdancing to ballroom dancing, spinning records at raves to conducting orchestras at the Royal Albert Hall. Goldie is clearly a man of many talents but we wouldn't have guessed doing a mean downward dog would be one of them. Which leads us to our first question...

To be honest, we wouldn't have pegged you as a yoga lover.

How did you first get into it?

I used to think it was tree-hugging bollocks. I didn't really get it or have any interest in doing it. I went to the gym a lot and associated fitness with being big. A lot of my pals did yoga and they were so chilled that I just wanted to slap them in the face to see if they would react. I found their business ethic and the way they were going about themselves frustratingly calm at a time when I was hectic.

What changed?

Michael Kopelman [of streetwear brands Stussy and Supreme] was the one who got me into it. The guy is pure Zen. He fixed me with a gentle stare and just said, "mate, try Bikram".

We guess you did...

Yeah, and I ended up on the floor. I thought I was strong, so I couldn't get my head around it. I felt defeated.

And now, five years later, you've got your own yoga clothing line.

Yeah, Yogangster. The whole "gangster" thing is tongue in cheek. I've had people say to me, "What, you think you're a gangster?" and I'm like, "No, you idiot, it's a pun, it's supposed to be funny".

Yeah, gangsters don't leap to mind when thinking of yoga...

Exactly, and neither do I. If you'd said to me years ago, "You see that geezer Goldie who raves like a mad 'un, he's going to be a yoga evangelist", I would have laughed. So, why not call it Yogangster?

And now not only are you espousing the benefits of yoga to MF, you're wearing shorts that are essentially

hotpants. What would your 20-year-old self have made of that?

He would have found it hilarious. But things have changed. My daughter's 17 and she thinks yoga is cool. So much so that she's going to be a part of my programme to get more young people from different backgrounds into it.

Even ten years ago, you couldn't imagine inner-city kids doing yoga - they'd have just thought it was hippy rubbish. But you think it would be well received now?

We used to carry massive brick phones and think that was cool - now, looking back, we all looked like a bunch of idiots. People change. Look at the way attitudes to food have evolved over the last ten years. We don't want fast-food bollocks. You can go to a farmer's market or pop-up food stall and get delicious, alternative meals that weren't even an option a few years ago. We're becoming more aware that we need some kind of protection from the shit modern life throws at us.

Would you say the protection yoga provides is just mental, or would you go as far as to call it spiritual?

I think I've found the spirituality of it. I didn't believe it was there, but I've found it in the meditation. I've tried other types of yoga, and don't get me wrong, all yoga is good, but the reason Bikram works for me is because I live in the fast lane. In the gym you do your sets, but you're also looking over to see what everyone else is doing. Bikram has more camaraderie. You're in front of a mirror, so to say you're removing the ego is bollocks. You are focused on yourself, but in a selfie-obsessed world this is where you get to see your real self... fucking suffering. You see yourself struggling, which people often don't like.

A Bikram regular, Dan, walks past at this moment and gives Goldie a handshake, saying, "You don't struggle mate!"

Anyway, it's important to get to that moment of realisation that you're struggling, and that's fine. For me, that's where the meditative side comes in. It doesn't always happen, it's up and down, because no two sessions are the same.

Don't you get the same feeling from doing a tough set at the gym?

Nah, that was more like clockwork. I'd do the same sessions - back, chest, arms and legs - but didn't get much out of it apart from bigger muscles. On the flipside I

The strength displayed by some of the class regulars is seriously impressive



can come here and do the same postures every day but get something different out of it each time. Nothing else can do that.

At your peak you must have been hitting it hard. Are you worried about the long-term effects of the drugs and late nights, and do you see yoga as a way to cleanse your system?

It's a total cleanse. My mind is clear. I could never have felt like this back then.

You're literally sweating that crap out.

Yeah - this is the master cleanse, without a doubt. But it's how it's changed my thinking that's most profound - the clarity it's given me. The best analogy for it is...

Goldie pauses, eyes darting as he searches for the best way to express his point.

OK... it's been like pulling my entire brain out of my head, flattening it out and looking at the plan. Then folding it back together neatly. Like packing a parachute.

And how does this benefit you?

I get more work done for a start. Since I got back from Thailand I've been doing four gigs a week.



At 50, Goldie is more flexible than ever



MF's Max makes a valiant attempt to master a pose while Goldie gets distracted

Goldie's CV highlights

- 1965** Born Clifford Joseph Price in Walsall
- 1982** Member of breakdance crew Westside
- 1987** Graffiti documentary *Bombin'* featuring Goldie airs on Channel 4
- 1994** Sets up record label *Metalheadz*
- 1995** First album *Timeless* gets to No7 in the UK charts
- 1999** Plays Bullion in *The World Is Not Enough*
- 2000** Appears in Guy Ritchie's film *Snatch*
- 2001** Joins the cast of *EastEnders*
- 2002** Takes part in *Celebrity Big Brother*
- 2008** Writes an orchestral score for TV show *Classic Goldie*
- 2010** Voted off first on *Strictly Come Dancing*

So you're living in Thailand now?

That's right, but I've been back here since May and my schedule has been stacked. I've played festivals all over Europe, sometimes doing three one day and two the next, but my headspace has felt clear throughout. I also paint a lot and recently did a show in Mayfair that I produced 26 pieces for in 18 months. I look at my drug-taking in the early days - I did fuck-all back then. With hot yoga I've taken an addictive tendency and made it positive.

This is your new addiction?

Yeah, and it's the best one anyone could have. I've seen a big change from doing yoga but it's happening slowly and makes me excited to see how much further I can take it. I used to be an Aero bar - big, but no substance. My strength is real now, and though I was ripped in my 30s and hench in my 40s, now I'm approaching 50 I'm the fittest I've ever been.

The doors open and teacher Cintra Brown welcomes the class. Our conversation breaks as yoga mats are rolled out. "Remember: yoga is not about learning to stand on your head," says Brown. "It's about learning to stand on your own two feet."

It's sweltering, but though the class is tough MF makes it through with the help and encouragement of Goldie and Brown. One and a half sweaty hours later, we delve into the other side of his varied career...

You've done a lot of reality TV - *Strictly Come Dancing*, *Come Dine With Me*, *Maestro*. What was the most fun? *Strictly Come Dancing* - gold shirt, can't beat it.

We thought you might regret that one. I don't regret any of them. Why would I? I get to live in Thailand in a beautiful house and it's partly because of stuff like that.

How do you think you've managed to gain such mainstream acceptance yet still retain underground respect? Because everyone knows I'm taking the piss and getting paid for it.

Unless it's *The Games*... [Goldie was supposed to be in the first series of the Channel 4 celebrity sports show but broke his leg in the last water-ski practice before filming] All right, that was rubbish, but it's actually one of the reasons I do yoga now.

The doctors said I might not be able to walk without a stick and wouldn't be able to run, but thanks to Bikram I can. When that accident happened I hadn't done any yoga. I was at the bottom physically and mentally and went on a bender for a year. That's when I saw Michael [Kopelman] and decided to have a crack at this. It's not too much of a stretch to say taking up hot yoga saved my life.

I only did *The Games* to pay for my divorce and it was the last turn of the last day of practice. I went over the ramp OK, then I hit the water badly and my weight plunged the ski into the wake, which twisted it so hard that it managed to break the biggest bone in the body like it was nothing. I came up out of the water to see my foot bobbing up over my head.

Grim. Changing subject... how would you sell hot yoga to MF readers?

If you really want to challenge yourself, come and try it. Give it 45 minutes and try telling me it's for girls. It'll also help you look and feel amazing. I'm 50 in two weeks and don't feel it. Hot yoga has given me a new lease of life and it can do that for you if you're willing to embrace it - even if you don't think you need one.

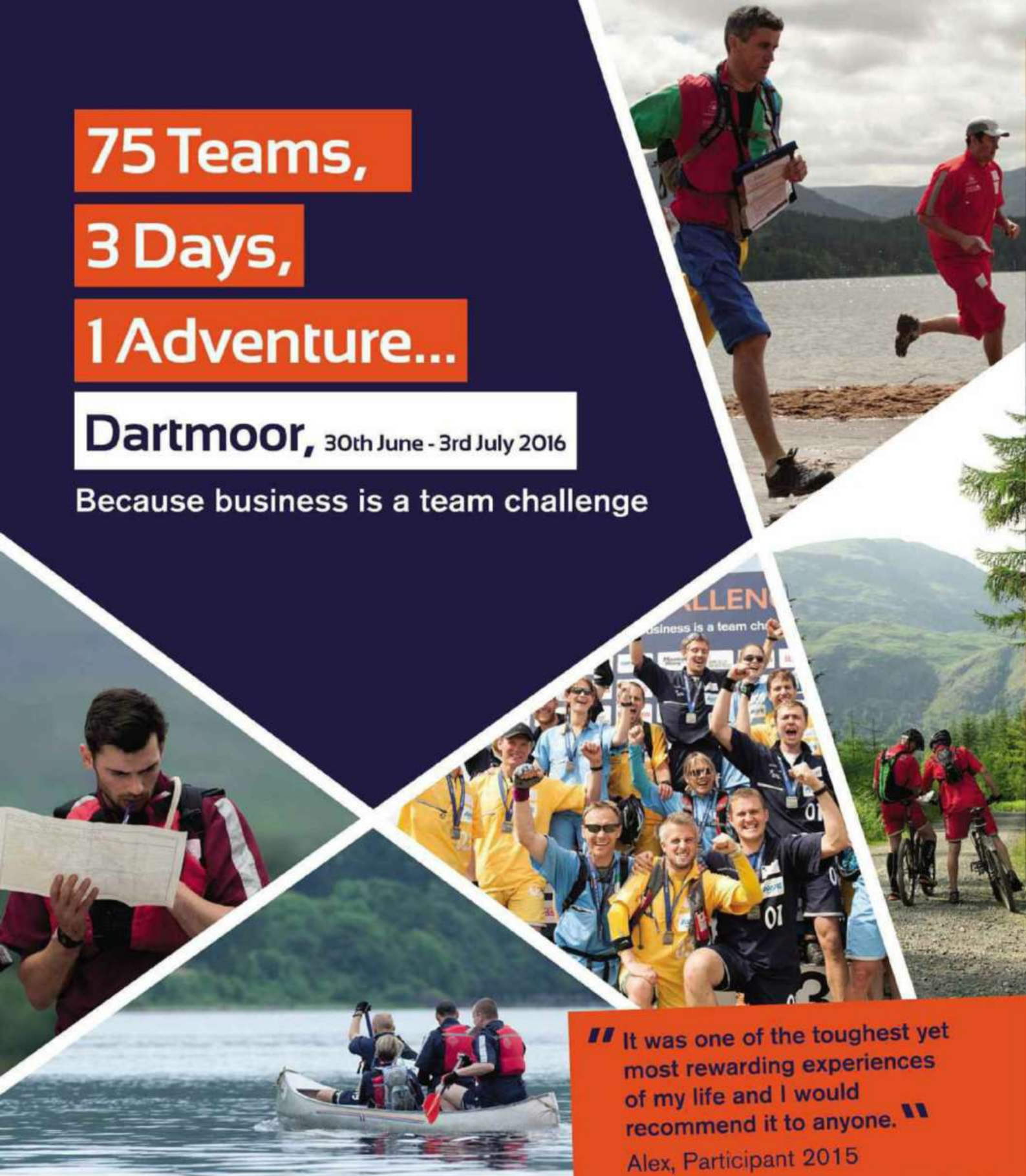
75 Teams,

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Alex, Participant 2015

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How would you and your work colleagues fare against some of the UK's leading companies in a battle of body and mind? UK Challenge, the country's leading corporate team-development event, gives you the opportunity to test your physical fitness and cognitive skills against your counterparts at the likes of Airbus, CGI, PwC, RAF and Accenture.

This unequalled experience strategically tests teams over three days and three nights as they run, bike and canoe their way to the finish line, locating checkpoints and solving various puzzles, problems and mental tasks along the way.

From 30 June to 3 July, 75 teams of six will rise to the occasion in the 2016 UK Challenge, with Dartmoor's dramatic backdrop of fields, rivers and tors providing the perfect playground for an unforgettable event.

We know you'll be able to handle the physical side; let's hope your brain can keep up with your legs...

DARTMOOR, 30th June - 3rd July 2016



If you think your company has what it takes then contact James Bunbury

Tel: 0208 233 5316

Email: james.bunbury@img.com

Or visit our website **www.ukchallenge.co.uk** to find out more.

Train like a Navy SEAL



No-one buys home multi-gyms any more. Get a suspension trainer: they work every muscle group and you won't need a payday loan to afford one

Pistol squat



Chest flye



Y raise

How we tested

MF's Max Anderton took each product to the park and did the same 100-rep workout of inverted rows, Y raises, pistol squats and chest flyes with every suspension trainer to test comfort and stability. He then did the same workout at home to test the indoor mounts.



Inverted row



BEST FOR ADDED RESISTANCE

Combining resistance bands with a suspension trainer is a smart move. And like most good ideas it's satisfyingly simple in its execution: unclipping a strap that's slightly longer than the bands turns the KO8 (£118, ko8.co.uk) from bodyweight tool to an explosive power builder. It proved a solid suspension trainer for our test moves, and we also had fun putting our arms through the adjustable handles to make bear crawls harder, then wrapping the straps around our hands for striking drills.

Build quality 
Versatility 
Ease of use 

BEST FOR PORTABILITY

Setting up our Monkii Bars (\$173, around £112, shop.monkiibars.com) for the first time was a little confusing, but once we'd tried it out - after a few minutes' head-scratching and some debate over whether the thin cables would take our weight - we were sold. In a lovely example of minimalist design, its two smooth-finish wood handles contain everything you need, so you won't have to lug around a mess of ropes, straps and metal. We did our test workout fine, although the lack of material foot loops can make moves that require lower-body suspension uncomfortable.

Build quality 
Versatility 
Ease of use 

BEST FOR SIMPLICITY

Invented by a Navy SEAL to help him keep fit while deployed, this is the original suspension trainer. The TRX (£139, wickedfitness.co) lacks added extras but makes up for it with excellent build quality and ease of use. The straps are super thick, the chunky carabiner has been tested for up to 590kg and we set it up in less than a minute. Changing the length of each handle also takes mere seconds, so we flew through the test workout quickly with zero hassle when adjusting it between moves.

Build quality 
Versatility 
Ease of use 

BEST FOR RANGE OF MOTION

You can lock the cables and use it as a normal suspension trainer, but the CrossCore 180 (£120, anytimeleisure.co.uk) also has a pulley system that makes rotational movements possible. Alternatively, you can leave the pin out and do normal suspension exercises with added instability. We're gluttons for punishment so that's what we did for our test workout. It was tough, but our aching abs and obliques were proof that it's effective for building a solid core, while the constant need to correct yourself helps iron out any strength imbalances.

Build quality 
Versatility 
Ease of use 



RISE TO THE CHALLENGE

The UK's biggest gym-based competition is back

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Take on the UK's ultimate gym challenge this summer to find out if you can rise to the challenge and be crowned FitBrit 2015 Champion.

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Men's Fitness

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MULTIPOWER

women's fitness

Health drinks on trial

Inspired by coconut water's success, a new wave of beverages promise fresh miracles. We asked a top sports nutritionist to test the latest ones to find out if any should be on your shopping list



THE EXPERT

England Rugby's sports nutritionist for 12 years, Matt Lovell now works with Man City and Spurs, specialising in fat loss and athletic performance (ahinoman.com)



	Claim	Reality	Taste	Verdict	Would you buy it?
Botanic Lab Isotonic Refuel Only available by mail order, this cold pressed juice contains "activated charcoal" £60 for 8	It's sold as an isotonic drink and, according to its maker, the activated charcoal "absorbs gas and removes it from the body".	"Charcoal has been used to treat various digestive ailments – and even poisoning – throughout history. It traps toxins in its tiny pores so you don't digest them."	"Incredibly sweet."	"The 17g of sugar puts me off. For a similar effect you could drink a glass of water with five teaspoons of sugar, the juice of a lemon and a pinch of salt, then eat a slice of burnt toast."	NO
Drink Maple Water tapped from Vermont maple trees £2	Apparently, maple water has "46 naturally occurring polyphenols, antioxidants, prebiotics, minerals and electrolytes, half the sugar of coconut water and more manganese than a cup of kale".	"Without an ORAC rating (the official antioxidant measure) there's no way of verifying the maker's claims about what's in it. However, it's good to see high manganese and calcium content."	"It's good – kind of like a watered-down maple syrup and pretty sweet considering there's only 2g of sugar per 100ml."	"Filtered water and a multivitamin would probably be better. That said, I wouldn't write it off until I knew what the ORAC rating was – and it would make an amazing low-sugar mixer."	YES
Ucha Kombucha A naturally fermented sparkling green tea that originated in Japan £2.10	The manufacturer says kombucha is "full of enzymes and probiotics" and is "known to improve digestion, boost the immune system and reduce anxiety and stress".	"It's fermented with kombucha yeast, which is a type of probiotic so it can be good for digestive health, while studies have shown green tea can reduce stress."	"That's great. It's refreshing, with a slight yeastiness to it that's reminiscent of a light beer. I like it."	"The ingredients are all natural, it's barely got any sugar and I'm a fan of the complex flavour. I would take this over most soft drinks."	YES
Tapped Birch Water Water drained directly from Finnish birch forests £2.85	A natural source of the antioxidant manganese.	"Each carton has 15% of your daily manganese, which is useful for joint health."	"The flavour is subtle, which is a polite way of saying it basically tastes like water. Actually there is a little rustic hint to the aftertaste."	"Do the supposed detoxifying benefits just come from the manganese? Or are there any other active ingredients? If not, I'd rather have black tea, which has lots of manganese and more flavour."	NO

Never stop running

Forget the forecast - MF's cold-weather essentials will keep you moving no matter how low the mercury





1

Protect your pinkies

Made from temperature-regulating merino wool, Ashmei's **Winter Running Gloves** (£30, ashmei.com) kept our hands toasty but never roasting. Conductive fingertips let you answer your phone, while silicone grip pads will help prevent it from getting acquainted with the floor.

2

Layer up

Columbia makes kit to withstand Arctic conditions, so although it's lightweight the **Midweight 2** base layer (£35, columbiasportswear.co.uk) retains lots of heat. It also draws moisture away from skin, which means that if you underestimate the temperature and start to sweat you won't be shivering once the wind picks up again.

3

Stay dry

Nike's **Shield Flash Max** may weigh little more than a bag of crisps but this reflective, Northern Lights-inspired outerwear (£370, nike.com) is more force field than jacket. The Storm-FIT fabric repels wind and rain and, while it didn't snow during any of our test runs, we're confident the white stuff would have been told to do one too. Sweat, meanwhile, simply passes through and evaporates.

4

Protect your modesty

While tights are necessary in icy conditions (see 6), we recommend wearing shorts over the top to prevent an

appearance from whatever the male version of a camel toe is. Stay streamlined with a short pair like the 13cm **Launch** (£25, underarmour.co.uk) which has a hidden pocket for your key.

5

Cover those ears

It's a myth that half of the body heat we lose is through our heads, but if you value your ears you'll keep them covered in icy conditions. Running brands sell hats, sure, but snowboard companies do it with more style, as the **Destroy** (£30, volcom.co.uk) shows. Besides, if a normal beanie's good enough for Rocky, it's good enough for us.

6

Get a second skin

Never run in tights? You should. The **Pristens** (£70, bjornborg.co.uk) keep your legs warm, but won't absorb much water if the heavens open. They also create a compression effect, which encourages even blood flow, reducing post-run soreness.

7

Support yourself

The cold makes your joints and muscles stiffer so even if you usually go for minimally cushioned shoes, it's worth padding up for winter. Brooks's maximalist **Glycerin 13** (£130, brooksrunning.com) has a chunky sole that's brilliant at absorbing impact - and you can choose half sizes and even different widths to ensure the perfect fit.

Problem solvers



Light the way

If you're going anywhere without streetlights, a headtorch can keep you from inadvertently becoming a tree hugger. The Petzl Tikka RXP (£60, decathlon.co.uk) is our pick because it knows how far away objects are and adjusts its brightness accordingly.



Hold your phone

Running kit has no time - well, space if we're being accurate - for large pockets. An armband is the best solution. The TuneBand (£19, amazon.co.uk) is so streamlined it makes other brands' attempts look like something you'd use to take your blood pressure.



Never squint again

Even in winter the sun might make an appearance. Squinting uses 85 muscles and 10-15% of your body's energy output, so get some eye protection and save that for your legs. Dtb's Ultralites (£15, wiggle.co.uk) have 100% UV protection to get the job done.



One small step for shaving. One giant leap for sensitive skin.

Introducing the new Philips Shaver series 7000, specially designed for sensitive skin. Its comfort glide rings with anti-friction coating reduces skin irritation, redness and razor burn.* Feel the difference.

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Dermatologically tested

Series 7000
Shaver

*vs. Philips predecessor range

PHILIPS

PB | Grooming

Take it on the chin

Shave
right, save
your skin

We've all been missing the point: shaving is about skincare, not how many blades your razor has. Let Darius Kravitz from The Legends Barber Shop give you a fuss-free masterclass

Get battle-ready

"A good shave is 90% preparation. It's crucial that your skin is as soft as possible, so do it right after a shower or use a hot, moist towel. Next, apply a lubricant agent to moisturise and prevent razor burn." Kravitz's favourite? Jack Black MP10 Nourishing Oil (£27.50, mankind.co.uk [1]).

PRO BARBER TIP "Shaving too frequently increases the likelihood of razor burn, cuts and ingrown hair. Do it three times a week maximum, using a trimmer between shaves."



You can also use this oil to keep facial hair hydrated

This contains glycerine, which makes skin soft, supple and also helps cuts heal quicker



Be more samurai, less butcher

"I prefer a thick cream like Geo F Trumper Sandalwood (£17, trumpers.com [2]) - it won't need re-applying," says Kravitz. "Using a badger-hair brush (£25, bluebeards-revenge.co.uk [3]), work up a lather on your hand, then apply with gentle, short strokes. Never use a dull razor - it irritates the skin."

PRO BARBER TIP "Don't use toilet paper if you nick yourself. Alum Matches (£1.75, shavelounge.co.uk [4]) prevent infection while soothing irritation. Moisten the tip with water and apply to the cut."



Recognised for its antiseptic qualities, alum is a natural mineral that's been used since the Ancient Egyptians

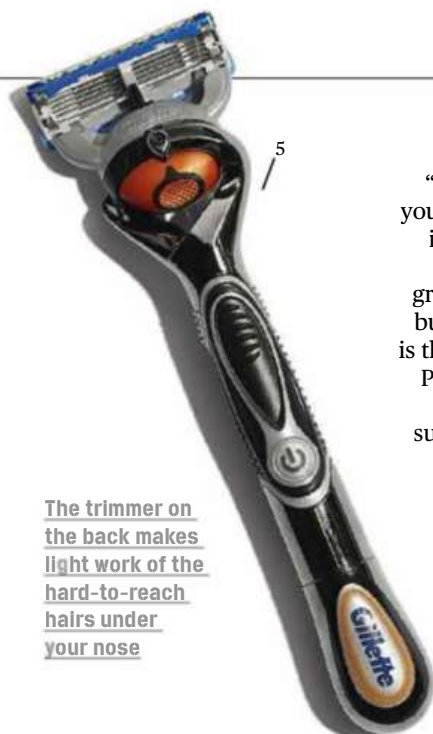


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let's feel good

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The trimmer on the back makes light work of the hard-to-reach hairs under your nose

Go with the grain

"Spend a minute examining your stubble to see which way it's growing before starting, and always shave with the grain. I use a cutthroat razor, but a good non-lethal variety is the Gillette Fusion Pro Glide Power (£15, boots.com [5])."

PRO BARBER TIP "Not sure what direction the grain goes? Let stubble grow out until it's easier to see."



Zero alcohol means there won't be any Home Alone-style shocks when slapping this on



Pure badger hair is best for shaving brushes because it retains its firmness

Have a happy ending

"Your pores will now be open, leaving them susceptible to clogging that can lead to spots. Close them promptly by rinsing your face with cool water and ensuring you don't leave any shave cream on. An aftershave product such as Nivea Men Sensitive Cooling Post Shave Balm (£7.10, shop.nivea.com [6]) chills your face and works as an antiseptic."

PRO BARBER TIP "If you're trying to cultivate some growth, tidy up once a week with a trimmer that lets you use different grades."

Words Max Anderton Photography Jenni Leskinen



Mission: control

Hair cutting that's out of this world from the new Philips Hair clipper series 9000. The world's first digital swipe system with over 400 length settings, for ultimate precision. Patented dual cut technology speeds through hair and self-lubricating blades mean zero maintenance.

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An **MF** investigation



Stay fit at any age...

Put the
work in
now!

Words Joel Snape

Are you as fit and healthy as you should be? However old you are, putting in the groundwork now can beat your bodyclock and let you age gracefully

Nobody's getting any younger, but some of us are ageing less gracefully than others. A recent Office of National Statistics report stated that as a man in the UK you're expected to live to a vintage 79 - but, according to research published in *The Lancet*, there's also a good chance you'll spend those years in declining health.

That's one option, anyway. The other is to take control of the process *now*, by making a few simple lifestyle adjustments. Yes, there are those trying to live forever by nibbling 1,500 calories a day or planning to freeze their most important parts, but ignore them for now. What you'll find on the following pages are simple, sustainable habit-changes that you can put into effect however old you are.

20s

Do more pull-ups, be happy

The exercise prescription

Lean muscle

There's no better time to lay the foundations for a healthy body that lasts into old age. Get it right now, and your 50-year-old self will thank you.

"Your body can adapt to huge levels of exercise-induced stress in your 20s," says trainer James Crew. Testosterone production peaks at 27, too, so you'll recover fast, grow easily and find it hard to over-train. Crew's prescription? "Combine of strength training and HIIT cardio by performing a reverse pyramid - ten reps, then nine, eight and so on - of burpees and heavy kettlebell swings as fast as possible at the end of your first and last workout of the week to improve strength, muscle and conditioning."

Throw in two or three runs a week - one distance session to improve aerobic capacity and some sprint intervals to give you a jolt of growth hormone. Enjoy it while it lasts, big guy.

Your body You're in your prime, but don't take it for granted: according to a study from the US National Academy of Sciences, signs of kidney, liver and lung deterioration begin in your 20s, with some subjects biologically ageing three years for every year that passes. Antioxidant-rich foods such as spinach will help stave off decline. Regular check-ups aren't a necessity yet, but get used to checking downstairs for lumps - testicular cancer is the most common form in men under the age of 34.

Peaks

Your maximum heart rate and short-term memory will never be higher - hit the treadmill hard.

The threat Suicide

At this age, the thing most likely to kill you is yourself. Suicide is the leading cause of death among young men. In 2012, 76% of reported cases in the UK were men. In 2013, 25-year-old comedian Jake Mills almost became one of them. Now he's launched a mental health database at chasingthestigma.co.uk

"Something was wrong. I knew I wasn't 'me' but I didn't know why. I had no idea how long it would last or whether the old me would ever come back. I kept telling concerned friends and family that I'd sort it out myself, I just need the time and space.

"I felt like I was the only person in the world who was going through this, but I didn't realise that hundreds of thousands of people were experiencing the same thing. In the UK, over five million people have been diagnosed with depression. What I was going through wasn't my fault or anything I could control.

"Poor mental health is nothing to be ashamed of. If you don't feel yourself, there's probably a good medical reason for it. Treat it like any other health issue. See a doctor and don't be afraid to seek advice. You're not alone."

Liam Hemsworth, 25

GOALS

☐

Do 35 press-ups (no stopping)

☐

Run for a bus without breathing hard

☐

Help someone move a fridge effortlessly



Peaks

Your muscle mass and strength are at their highest in these years – it's time to set some PBs in the gym

**Tom
Hardy,**
37

30s

Be an all-rounder, take care of yourself

The exercise prescription

All-round fitness

This is the decade when you choose your path. In your 20s, your body (and skin, hair and teeth) can bounce back from almost anything, but now you're laying the foundations for later - so do you want to be the fat bloke in the pub, or the man who prompts the question 'You're HOW old?!' When training, don't be the guy who does three marathons a year but can't do a pull-up, or the bench-press monster who wheezes while climbing the stairs.

"Your 30s is the time to challenge all aspects of fitness, including mobility, flexibility, bodyweight strength and cardiovascular work,"

says Crew. "It'll support your ability to maintain overall health and fitness as you age, without the risk of overuse injuries, mental fatigue or a one-dimensional skillset." Your prescription? The TRX, which is ideal for pulling movements that'll undo a decade of hunching over your desk or Xbox controller. Do three sets of inverted rows followed by a minute of rest, once a week. Outside the gym, add a run, swim or cycle to your routine once a week: the cardio will help, and studies show that the time spent in nature will make you happier and more productive. Crucially, stop eating like you did in your 20s - it's far easier to keep weight off (or lose it) now than it will be in your 40s.

Your body

Collagen, which gives skin its strength, starts to weaken and the elastic support from your lymph glands (responsible for flushing out toxins) starts to weaken, giving you puffiness around the eyes and the start of frown lines. Consider caffeine-infused moisturiser: it reduces puffiness around the eyes by constricting blood vessels, and a University of Washington study suggests it offers increased UV protection.

You'll also need to step up your dental care regime - it's about this age when your body starts producing less saliva to wash away bacteria, making your teeth and gums more vulnerable to decay. Get an electric toothbrush - dentists recommend them.

The threat Liver disease

This is the decade to call time on boozing. Of the top five killers of men, liver disease is the only one that's on the increase, and hospitals are seeing an unprecedented rise in cirrhosis among 30-somethings.

"Working in an A&E department I see first-hand the devastation that alcohol can cause, not only to a person's body but to their entire life," says Dr Thom Philips. "The current recommendation is that men shouldn't regularly drink more than three units a day - that's only one pint of Stella. The really important part of that guideline is the 'regularly' - everyone enjoys a drink now and then, but ideally you should aim to have at least two to three alcohol-free days per week to let your liver start to recover."

Check your family history for likely ailments... and stop smoking, if you haven't already - your cancer risk drops with each year you're smoke-free.

HAIR TIME TO SAY GOODBYE?

Going bald isn't easy. Male-pattern baldness is most likely to begin in your 30s, triggered by changing testosterone levels that cause the hair follicles to shrink, and triggering the classic thin-on-top cycle of anxiety: denial, anger, depression, acceptance.

Pre-Statham, this was a bleak time in any man's life. Sure, we had Willis, Zane and uh, Chiklis, but they were making the best of a bad situation. It wasn't until *The Transporter* arrived that the number one buzzcut was anything other than damage limitation.

Now it's nothing to fear: according to Match.com, British women in their 30s are more than twice as likely to be looking for a bald man than their 20-something counterparts, and balding men are almost three times more likely to attract a partner once their female suitors hit 30. Invest in a quality pair of clippers and embrace it.



THE FIVE STAGES OF HAIR LOSS

Saying goodbye to your barnet can be an emotional rollercoaster, but acceptance is half the battle. Here's what to expect.

DENIAL

"It's just a bad photo."

ANGER

"Stupid genetics. Thanks, parents."

SELF-PITY

"Why didn't I experiment with more haircuts when I had the chance?"

BARGAINING

"I mean, hair transplant technology is getting better all the time, right?"

STATHAM

"Hey, I actually look sort of amazing."

GOALS



Run an eight-minute mile

(puts you in the top 50% of the age group)



Keep the distance around your belly to less than half your height



Get asked for ID in Sainsbury's



Acquire some hiking boots, and trash them

40s

Train smarter, get a dog

The exercise prescription

Preserving muscle

You'll be working harder, juggling responsibilities and fitting the triathlon training sessions in between Tumble Tots and Skype conferencing - but put off the midlife crisis, because this is your last chance to stave off decades of potential problems. Act now, and you'll still be snowboarding at 79. Age-related bone and muscle loss accelerate in your 40s - unless you take steps to head off the decline.

"Short workouts three times a week combining weights and a short cardiovascular session will help preserve muscle mass and keep fat at bay," says Dr Emil Hodzovic. "Pick four barbell moves - deadlift, squat, row and overhead press, say - and do ten reps

of each in a circuit, repeated three to five times, to get your heart and muscles working. Finish with a 1km run or row to work your cardio."

Alternatively, get a dog: you'll be forced to walk it, and hanging out with pets reduces cortisol, the belly fat-storing hormone. It could help you get your six-pack back.

Your body Lower production of sebum - your skin's waxy, protective outer coating - makes you more vulnerable to environmental conditions such as pollution and smoky environments. Download the Clean Space app (our.clean.space) to get local air quality alerts, and choose your running route accordingly.

Peaks

Brain cells start to die at 45 - stem the decline by keeping them active

GOALS



Step-up test
(30cm box): 60 in
three minutes



Deadlift 1.5x
bodyweight



Walk a mile in
15 minutes



Get a drawer
dedicated to Lycra

The threat Prostate cancer

There are more prevalent cancers, but this is the one you can do most about, and it's after your fortieth birthday that the danger ramps up: only one in 10,000 men under the age of 40 will be diagnosed, but the rate shoots up to one in 38 for men aged 40 to 59. "The exact risk factors are still a bit of a mystery," says Philips. "What is becoming clearer is that sexual health plays a significant role. In a ten-year study of doctors in the USA, the research group identified that frequent ejaculation - up to 5-6 times a week - protects against the development of prostate cancer. What they didn't mention is whether or not the ejaculations are, ahem, assisted." Have at it - and book yourself a regular check-up, starting every year from the age of 45.



**Dwayne
Johnson,**
43

THE END OF PBs?

Traditionally, this is when regular gym-goers expect to see lifts drop and finishing times creep up - but it doesn't have to be that way, says *Fast After 50* author Joe Friel

"Intensity is often the first thing to disappear from workouts as you age, but if you reduce the volume you're more rested for high-intensity sessions, allowing you to push harder. The science backs this up: in a decade-long study from the Institute of Aerobics Research, runners who kept racing at high intensity after the age of 42 saw their VO₂ max drop just 1.6%, compared with long, slow, distance plodders who put in the same mileage but suffered a 12% drop-off. Short version: do less work, but go harder - and eat more protein. It stimulates anabolic hormone production, and there's every indication that the average ageing Western male doesn't get enough."





**Robert
Downey
Jr, 50**

50s

Stay strong, don't give up

The exercise prescription Protection

At the half-century point, cartilage starts to degrade, so it's time to act to avoid osteoarthritis. "Start protecting your joints, rather than overly stressing them, with a focus on the pelvis, ankles and thoracic spine," says Crew. Yoga-style strength exercises mixed with low-intensity aerobic activity will keep you safe and promote heart health without ruining

recovery. "Do ten cobra press-ups, followed by 20 squat to sky reaches and 30 seconds of brisk strides," says Crew.

Your body You're now at an increased risk of digestive problems as levels of friendly bacteria in the gut drop, so fix it with yogurt, kefir (a fermented milk drink) or a daily Granny Smith. You might also notice 'spider veins' - blood vessels damaged by the sun. At this age or any other, be careful how long you're exposed, and top up your vitamin D intake with supplements - the winter sun is strong enough to damage your skin, but not enough to give you any benefit.

The threat Heart disease

It's the biggest killer of men overall, but in your 50s heart disease takes the lead, usually caused by the build-up of fatty deposits on the walls of the arteries around the heart. "It might sound predictable, but get up, get out, get moving," says Philips. "A research team from Sweden followed a group of 2,196 men over 30 years and concluded that no matter what your weight, regular physical activity reduced the risk of developing heart disease. The type of activity seems to be less important. What is important is doing little and often - that means *daily* - and avoiding long periods of inactivity."

GOALS



Nail the chair sit-to-stand test: you should be able to do 19+ in less than 30 seconds



Squat your own bodyweight



Start entering age-group events

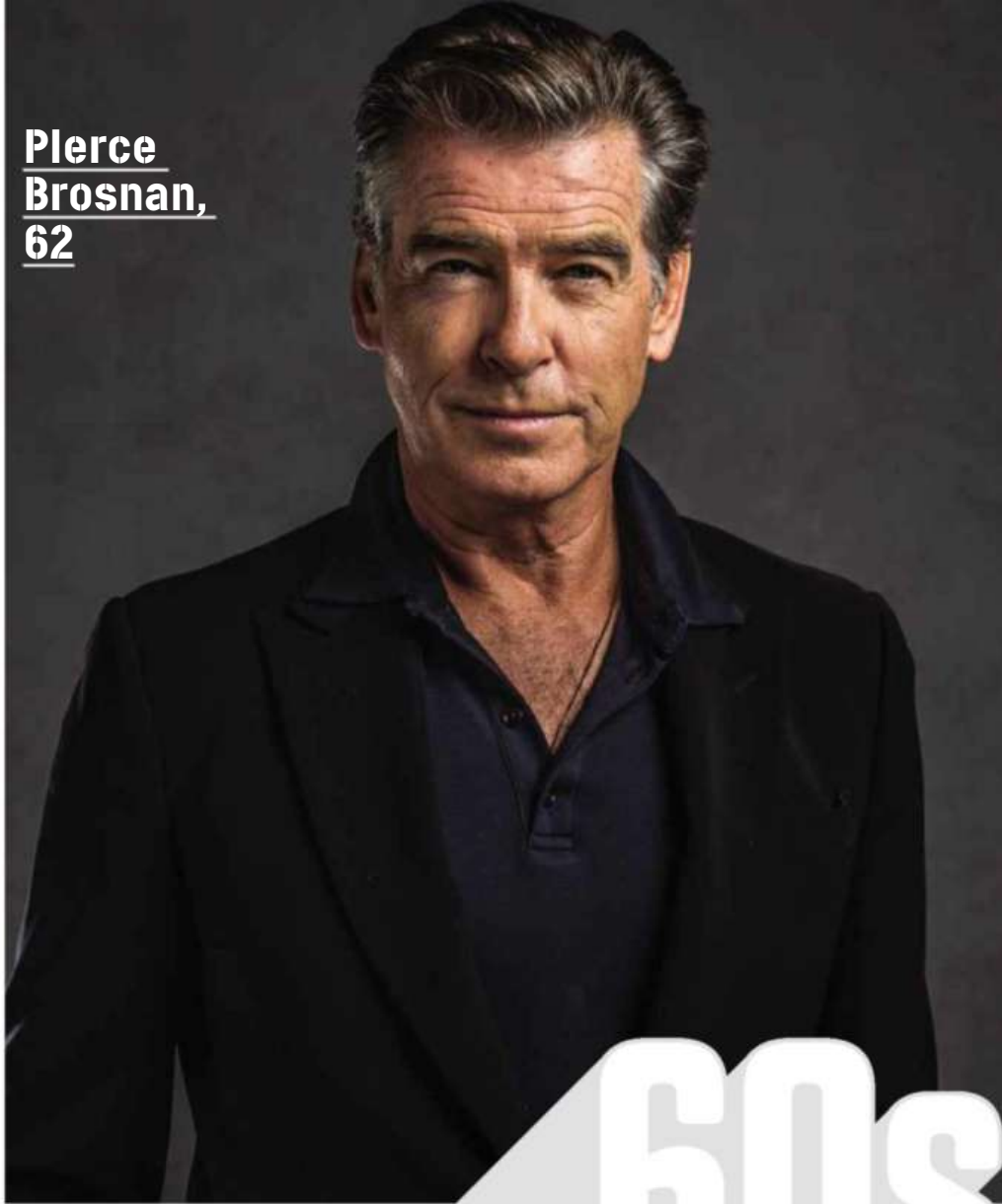
"I'm fitter than ever in my 50s"

Chris Zaremba didn't take his health seriously until he hit his sixth decade - and learned that it's never too late

"A doctor's warning that I was obese, pre-diabetic and suffering from very high blood pressure is what made me start taking my health seriously. At my heaviest point I hit 111kg.

"I started by going to the gym and watching what I ate, but it was setting goals that made the real difference. At 53, I set ten measurable targets, defined by weights lifted and body statistics, and resolved to hit seven of them in a year. I managed nine, and since then I've done my first marathons and triathlons, and won a Fitness Model World Championship for my age group. Now at 73kg, I'm healthier and fitter at 58 than I was at 28."

**Pierce
Brosnan,
62**



60s

Stay healthy, recover fast

The exercise prescription Movement

It's about preservation at this age, but get it right and there's no reason you can't still hit the road, river or running track. "Little and often is the way forward," says Hodzovic. "A

30-minute walk daily is an excellent way to stay healthy." Keep workouts regular by doing them at home: do ten chair sits to stand, followed by

ten chair dips and ten curl to presses with light weights for three rounds. Add some stretches too: muscles shorten and tighten as you get older.

Your body This is when your memory seriously starts to decline. Ageing undermines recall of life events more than it does concepts, emotions and 'how to' memory, but learning new skills - such as a musical instrument or language - will help. Oh, and this is the one age when spending more time on the phone might be a good thing: recent studies suggest it helps maintain mental agility.

The threat Falls

UK life expectancy for men is currently 79, and from pension-age onwards, the risk of death from falls ramps up - but this is where there's good news for lifetime gym rats. "Creatine and strength training have been shown to maintain muscle mass, reduce falls and improve function and quality of life in elderly men," says Philips. "You can get the former through supplements - or by eating more red meat." Or consider tai chi: there's evidence that as well as improving balance, it helps with cognitive performance and sleep quality.

GOALS



Walk a mile in 15 minutes



Get off the floor without using your hands



Get a photo at the top of Snowdon



...AND BEYOND

Want to hit 100? There are certain things most centenarians have in common. Fasten your seatbelt... and then try this other stuff

FIND REASONS TO LAUGH

In a 2012 study published in the journal *Aging*, researchers from Yeshiva University in the US identified several factors 100-year-olds had in common. A love of laughter was one. "They considered it an important part of life," said the lead researcher.

FLOSS

It lowers the risk of heart disease, dementia and stroke by reducing bacteria levels in the mouth.

HAVE A PURPOSE

In Nicoya, Costa Rica, which has one of the highest concentrations of 100-year-olds, residents typically have a *plan de vida*, typically revolving around family.

TAKE YOUR HOLIDAYS

In a long-term study of residents of the Massachusetts town of Framingham, men who took frequent holidays outlived their workaholic counterparts.

GROW YOUR OWN

In centenarian hotspot Okinawa, Japan, most residents cultivate their own gardens. It's low-stress activity and it keeps you supplied with pesticide-free greens.

BE 'SPIRITUAL'

A 2008 WebMD study of centenarians found that it's a common trait, but it doesn't necessarily mean going to church - practising meditation or mindfulness is enough.

...AND DON'T SMOKE

In a landmark study of men born before 1913, the centenarians were all non-smokers with good posture and low blood pressure. Obvious and boring, maybe, but it works.



**FIT AT
ANY AGE**

CARL FROCH IS BETTER THAN EVER

Words Joel Snape Photography Steve Neaves
Stylist Hayley Lawrence Grooming Laura Tucker

He might be an ex-pro now, but he's not slowing down. British boxing legend Carl Froch explains why he's getting bigger, faster and stronger than ever at the age of 38 – and why you haven't heard the last of him

A black and white photograph of a man with short dark hair and a light beard, sitting on a dark-colored motorcycle. He is wearing a white t-shirt, dark jeans, and dark lace-up shoes. He is positioned in front of a rough, textured stone or concrete wall. The motorcycle has a large round headlight and a visible engine. The man is looking off to the side with a serious expression.

White T-shirt, £58,
everysecondcounts.co.uk
Paul Smith jeans, Carl's own,
paulsmith.co.uk
Paul Smith shoes, Carl's own,
paulsmith.co.uk
Belt, £20, marksandspencer.com

The four-time world champ is looking... bigger

Nothing too surprising there, of course. After almost a decade staying in championship shape for boxing's most ferociously competitive weight division, you'd forgive Carl Froch for easing off on the early-morning runs, being less fastidious in the kitchen, maybe even indulging in the odd Double Decker - and yes, Froch has done all those things. But, although the number on the scale might have gone up, this isn't the usual post-career slide into a comfy pundit's seat. Not by a long way.

"I'd like to do an Ironman triathlon," says the former super middleweight world champ, who's been hitting the pool semi-seriously ever since his retirement in July, using earplugs to protect the eardrum he perforated sparring for his 2008 title fight against Jean Pascal. "There are quite a few going on in 2016 and I'm seriously thinking about it. I used to find swimming quite monotonous, but I'm enjoying it more now - there's no impact on my knees, and I get in the zone. It's not good enough to do 2½ miles at a great pace [the Ironman swim is 2.4 miles (3.86km)], but I'd get it done."

The other legs? Already taken care of. "I've got my running up already, I could do a half or a full marathon at a decent pace, and I could do the cycling," Froch says. "Before I'm 40 I'd like to try that. It'd be hard work, but to achieve one, to get that in the bank... as long as I've got something in my head to work towards, that'll keep me in shape." And, of course, there's the aesthetic angle to consider. "If you look at long-distance runners they're quite skinny, but if you look at swimmers, they all look quite well-bulked and well-balanced, decent shoulders, slim waists. I look at what I want to look like and take my cues from that."

Killer endurance

If this seems surprising, it probably shouldn't. The athlete known to his many fans as the Cobra has crafted one of British boxing's all-time great careers using hard work and tenacity, coming through in some of his biggest matches by keeping up the pressure while opponents wilt in the later rounds. In title-winning bouts against Andre Dirrell and Mikael Kessler, he grabbed the initiative in the final stages to take a pair of close decisions, while against Jermain Taylor he battered the favourite to a stoppage with 14 seconds left in the fight... and, of course, in both of his bouts against fellow Englishman George Groves, he shut down the younger fighter (11 years his junior) in the dying rounds. He's a man who's used to accelerating over the finish line, and he's not finished yet.

"I'm training because it's something I've always done," he says. "I'm not naming any fighters, but I don't want to be one of these guys who retires from boxing and gets fat and out of shape and old-looking. I want to always look like I've been a world champion. It's for myself and my kids [Froch has a son and two daughters - the youngest only weeks old - with model Rachael Cordingley] because I want to be able to still do stuff with them. And it's not hard to do. I'm never going to be able to fight for 12

three-minute boxing rounds at a high pace unless I'm specifically training for it, but I can always stay in shape."

He's also started hitting the bar. "I've never lifted weights in my whole life," says Froch, who relied on nothing but press-ups, pull-ups, sit-ups and traditional roadwork for almost his entire pro boxing career - all 12 years of it. "But now I'm deadlifting, bench pressing, curling dumbbells, doing some weight-gaining exercises. I'm trying to bulk up a bit. You look better, you feel more confident, you look better in clothes... when I'm wearing my designer stuff or just a shirt with a pair of jeans, it helps." Nottingham born, raised and resident, he's a big fan of local brand Paul Smith, and tries out a few looks during the photoshoot. His newfound V-shape, you'd have to say, is helping.

Froch does his training with an old friend, keeping the reps low and the moves big, mixing in farmer's walks and power cleans - "It gets you breathing, gets you exhausted physically. It's geared to my engine" - and he's still using some of the moves he learned filming BBC gymnastics show *Tumble* - "handstand press-ups, the planche, all that".

He's getting up to speed fast, with a 160kg deadlift (for reps) and a 120kg bench press already under his belt. But he's in no rush. "I'm still under 10% body fat, but now I'm about 13 and a half stone [86kg], about 8kg over the super middleweight limit," he says, in between posing for the shirt-off shots that prove it. "I'm trying to get to 14 stone [89kg] but keep the body fat down, put on about a pound of quality muscle a month. I don't want to get too big, too fast. I don't want to get big and strong and *still*, like my stepdad - he's 20 stone. He's a weightlifter, but he wouldn't last 30 seconds in a fight."

Renaissance man

Besides, he's busy enough with other things right now. We're shooting Froch in his hometown, where he's acquired



(RE)BUILT FOR SHOW

Follow Froch's six-step plan to build shirt-filling shoulders and real-world strength

1 HIT THE POOL

"I work on three-minute rounds," says Froch. "I do six lengths - three breaststroke and three front crawl, then a minute of recovery. I'm used to it from boxing, so I know I can recover. I do seven rounds of that."

2 USE YOUR OWN WEIGHT

He's always done high-rep sets of press-ups and pull-ups but working on gymnastics, Froch says, hugely improved his core strength. If a handstand press-up's too much, start with the "pike" version: feet on the sofa, body at a right angle. It'll shift the pressure to your shoulders and work your abs.

3 KEEP RUNS SHORT

For a pro boxer, weekly 10K runs are the order of the day. Now? Not so much. "I still run, but over shorter distances," he says. "Look at sprinters - they're in great shape." Six sets of 400m with 60 seconds' rest takes less than 15 minutes, but it'll build road-warrior cardio.

4 ... AND REPS LOW

Froch focuses on full-body moves like the deadlift and bench press, which prompt your body to release growth hormone and testosterone. Five is the magic number: do five sets of five reps, increasing the weight each set until you can only just manage the last one.

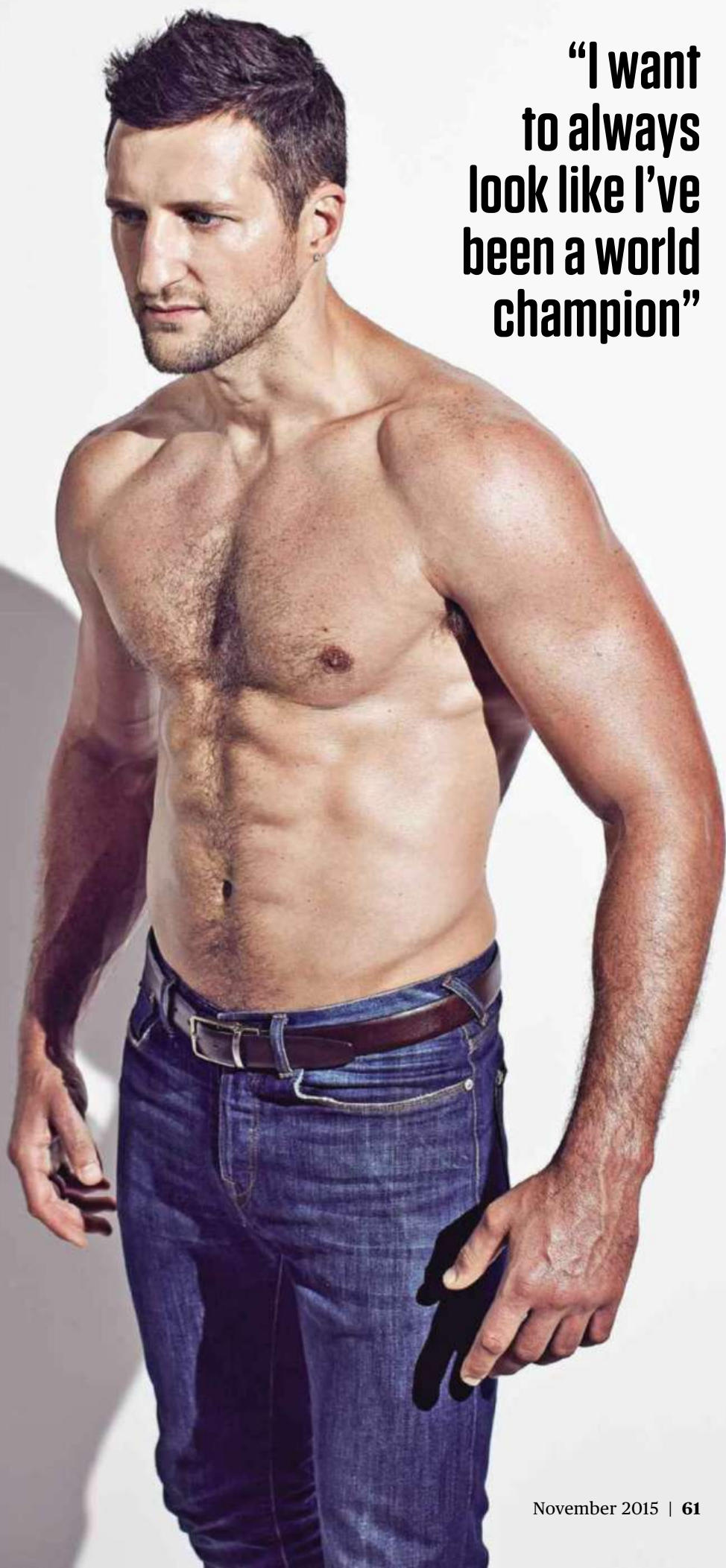
5 EAT RED MEAT

"I'll probably have red meat a couple of times a week," says Froch. "I've got a good farm shop where I live so one of them will be a top-quality steak." It's worth the expense: grass-fed steak has more omega 3s and CLA, which give you energy and help to burn fat.


6 DON'T BEAT YOURSELF UP

The occasional Snickers isn't a diet-wrecker, and focusing on things you *can't* have will only make you crave them. If chocolate's a problem, tell yourself "Not now, but later," when you have a craving - studies suggest you'll feel less tormented than if you try to resist temptation entirely.

**“I want
to always
look like I’ve
been a world
champion”**







**"I'm going to stay
in the sort of shape
that... you know,
if I ever fancied
fighting again..."**

CARL FROCH

semi-mythic status. As he poses for photos on our Triumph motorbike (and, yes, rides it) he attracts a small army of autograph hunters, well-wishers and people who just want to say hello. He's a popular man, and ready to capitalise - he's already signed up as a pundit with Sky Sports, but there's also an acting career in the works, endorsements to worry about, a fledgling property empire.

Meanwhile, his fiancée has just given birth to their third child so a couple of other things are taking priority. "Well, my son's at school," he laughs. "But my elder daughter only goes to nursery twice a week... Apart from the family I'm busy getting into being a pundit, reading up on different guys. And then I'm reading a script for the film I'm playing a part in. It's set to film in September and October - it's a 1950s thing set in Soho, a true story. I'm also looking at making a documentary. I'm wondering how I managed it before, but I suppose I just shut everything off and concentrated on my training."

Eating, apparently, is the easy part. "I've always cooked for myself. Rachael looks after the kids and I'll cook our dinner. I've got a friend who runs a place in Nottingham called the Curry Lounge, so he taught me how to make a proper curry. I'm quite good with my herbs and spices, slow-cooking marinated chicken with cumin, that sort of thing. I'll do shepherd's pie, cottage pie, lasagne, Sunday dinner with lamb or beef. Rachael doesn't cook, I don't mind you quoting me on that."

And the temptation to balloon up to Brando proportions? Not really a concern. "I'm allowed to have the bad stuff now but I don't really want it. When I'm boxing and making weight and I'm telling my brain I can't have certain things it becomes a discipline, it becomes all about a cheesecake or a bag of crisps, these things that you can't have. It becomes very disciplined. For the first two weeks after a fight I used to have cheesecake, chocolate, crisps, all sorts of dead carbs and useless calories. But since being retired, my brain knows I can eat what I want, when I want, and I don't care so much any more. I'll have the odd bad thing, I like a Double Decker, but I don't go crazy."

Back for more?

It's tempting to wonder whether there's another motive behind his attempts to stay in shape, get stronger, keep the cardio up. Froch, of course, is not a man with much left to prove. The last man to question his credentials, you'll recall, ended up on the bad end of what Froch calls the best punch he's ever thrown, expertly shepherded into a corner and floored with a right hook that ended the Groves/Froch rivalry as instantly as it did their second fight. It was a highlight-reel finish in a pro record full of them, and a near-perfect end to a ➔

White shirt, £25,
riverisland.com
Coat, £190,
cosstores.com

**“I’m bulking
up a bit... you
look better,
you feel more
confident”**



career. But... well, there's always a but.

"I'm still punching the bag," admits Froch, who still occasionally drops into a shadow-boxer's crouch during the *MF* shoot, or pops out a crisp little hook off-camera. "I'm not planning anything, but I'm going to stay in the sort of shape that... you know, up until the age of 40, if I ever fancied fighting again... if the phone rang and the right promoter said, 'There's a fight here if you fancy it'. Probably at light heavyweight, I'd find it hard to get back down to 12 stone [76kg] right now." Is there a name that he'd be unable to resist? "Not at light heavy, no. It's about who's around."

So what does he think about the current state of the division he's left behind? "It's not as exciting as it was. There's a massive gap between Andre Ward and the rest. He's got an awkward, horrible style... it's boring as well. But he'll beat anybody he fights. You wouldn't put him up against James DeGale or George Groves - they wouldn't have a chance against him."

Reason to return

Ward, of course, is one of only two losses on Froch's record, and the only one he hasn't avenged (having beaten Kessler in a 2013 rematch after losing his WBC title in 2010). On the other hand, their fight was close - news reports at the time called Froch "outclassed" but two judges scored the bout 115-113, only a single round away from a draw. It was a tough fight, too, his second six-week training camp in New York in a row after a victory over Glen Johnson, right in the middle of 2011's Christmas season. While he says he's not planning a comeback, there are clearly some details he's considered.

"I'd love to fight Ward in Nottingham. When I boxed [Lucian] Bute there it really brought out the best in me. I'd have to knock him out - if it went to points I'd probably lose. And I think he's going up to light heavy, he struggles with the super middle limit," Froch smiles. "So yeah, maybe him... if he's floating around causing aggro like he does, he might be the guy to bring me out of retirement. Big fight. Big fight."

There's always a but. And there are plenty of good reasons for Froch never to fight again. He's a family man, after all, with a fiancée who's his loudest supporter but who also worries about his health, as well as a newborn baby daughter. He's in that fortunate 3% of ex-pro boxers who have enough money to live comfortably throughout retirement, with no reason to go back for one last payday. He's got plenty to do, and all the opportunities in the world. But maybe, just maybe, he's not done yet. □

Thanks to T3 Racing for loaning us the Triumph Ace 904 Thruxton Special. For more information visit t3-racing.co.uk/thruxton



HARD-KNOCK LIFE

The highs and - very few - lows of a career in the ring (and on the box)

2001

Amateur World Boxing Championships

Wins a bronze medal shortly before making his professional debut in March 2002.

2007

Robin Reid

Beats the former world champion to retain his British super middleweight title, sending Reid into retirement for four years.

2008

Jean Pascal

Puts a beating on the French-Canadian to take the WBC title - his first world championship.

2009

Jermain Taylor

Rallies in the later rounds of a tough fight to stop Taylor with just 14 seconds left in the 12th.

2010

Mikkel Kessler I

Defeated in a close-fought decision

to Kessler during the Super Six tournament, before Kessler is forced to drop out. Quickly rebounds with wins over Glen Johnson and Arthur Abraham.

2011

Andre Ward

Loses a decision (and the WBC title) to the Olympic gold medallist, the only fighter Froch has faced but hasn't beaten.

2012

Lucian Bute

Despite being the underdog in the wake of the Ward loss, batters Bute to a fifth-round stoppage in Nottingham to take the IBF title.

2013

Kessler II

Avenges his first loss in a war that lasts until the final bell. First murmurs of a Ward rematch.

Stepping Out

A chance to dance with girlfriend Rachael Cordingley on the ITV celeb-talent show is cut short with a lower-back injury incurred during an impressive sequence of lifts. (Swimming is, apparently, fixing it.)

Groves I

Survives a first-round knockdown - only the second of his entire career - to stop the mandatory challenger in the ninth. Controversy reigns after the fight, mainly among people who've never been punched.

2014

Tumble

Despite an astonishing double-trapeze routine (YouTube it) and rebound into a front somersault in the final, loses to actor Bobby Lockwood in the BBC gymnastics show.

Groves II

Puts a stamp on the end of his career with a career-highlight right hook in the eighth.

FACE THE ELEMENTS

Heading into the great outdoors? Take the kit that'll make your adventure memorable - and keep you healthy

1 VANGO COMPACT STOVE



The Compact Stove is an easily operated stove, with fold-out pot supports that let you pack it away into its own storage container. The baffle on the burner reduces the effect of wind on the flame. vango.co.uk

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A rapidly absorbed protein isolate with over 30g protein and 3.5g leucine per serving and as little as 0.3g sugar and 0.1g fat in every scoop. Flavours include peanut butter, banoffee, watermelon, grape and cherry. Free samples available. fortifiedsupplements.co.uk

3 FORTIFIED L-ARGININE



L-Arginine is converted into nitric oxide in your body, which opens blood vessels and helps increase oxygen levels in your blood. This really helps bring nutrients into your muscles and gives an amazing pump. Take before or after a workout. Free samples available. fortifiedsupplements.co.uk

4 VANGO VENOM 400



The popular Vango Venom sleeping bag is a 95/05 700 fill power down. If you're seeking maximum warmth with minimal weight and pack size for year-round adventure, this is the sleeping bag for you. vango.co.uk



PROMOTION



5 VANGO KHUMBU 40



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7 VANGO NEMESIS 300



The fully geodesic Nemesis tent is designed to withstand everything the weather can throw at it, from sand to snow, sea level to summit. An incredibly stable shelter to spend the night in. vango.co.uk

QUIT YOUR



Has over
20,000
members
across
seven gyms



Runs the
largest
professional
wrestling
school in
Europe

JOB

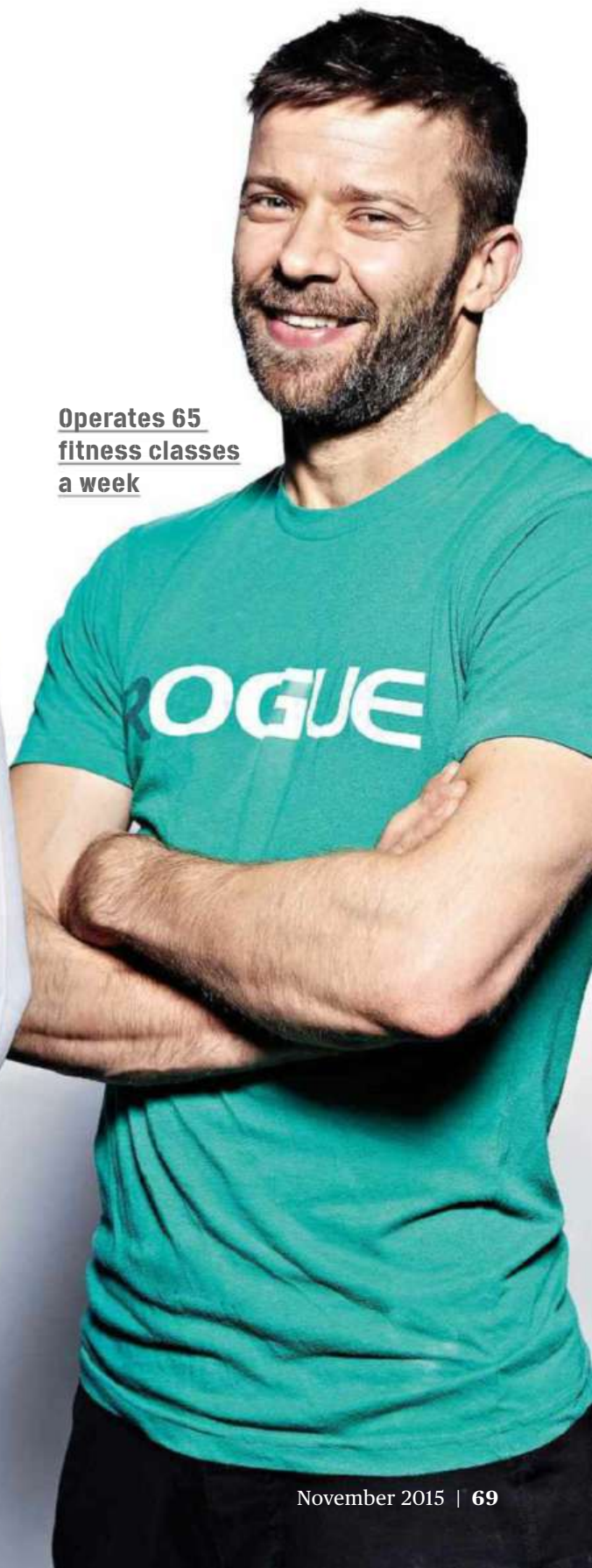
AND GET PAID TO DO
WHAT YOU LOVE



Words Matt Huckle
Photography Ben Knight



Has sold
750,000
health-
focused meals



Operates 65
fitness classes
a week

The high-flying professional wrestlers

GARRY VANDERHORNE AND GREG BURRIDGE

AGES 37/34

BORN South London/Essex

JOB Running wrestling shows for nine years

TURNOVER "No idea!"

Vanderhorne and BurrIDGE take people from all backgrounds and train them to be larger-than-life professional wrestlers at the London School of Lucha Libre. They also run the wild and unpredictable wrestling show Lucha Britannia (luchabritannia.com).

GARRY VANDERHORNE

Wrestling's not fake. When you watch a movie, you don't say, "That movie is fake". You know it's a piece of entertainment that requires a lot of skill in multiple directions to make.

Boxing is a craft, wrestling is an art. **It's not normal to do this.** It's training to be a real-life superhero.

The money is almost irrelevant but we've become quite successful. We're the biggest school in Europe.

My love for professional wrestling was rekindled as an adult after I was severely injured in a fight. I had bad nerve damage in my arm and my fingers from my neck, and I couldn't turn my neck properly. And because I had time off work I started watching wrestling, and I was like, "How have these guys not got neck problems like mine?" I came to understand the training they did to strengthen their necks - they all did what's called a wrestler's bridge. I started doing it myself and it slowly got stronger and stronger and I was able to go back to the gym. I started rehabilitating and then I found a wrestling school.

No matter what you do for a living you'll have to be at a desk sometimes. We all have to do our office work.

What is a "real" job these days?

You can't fake gravity. If your body hits the ground from a height, it hurts.

You get natural athletes who are quite bland. It's our job to extract their special magic thing.
You have more fun being a villain.



BurrIDGE

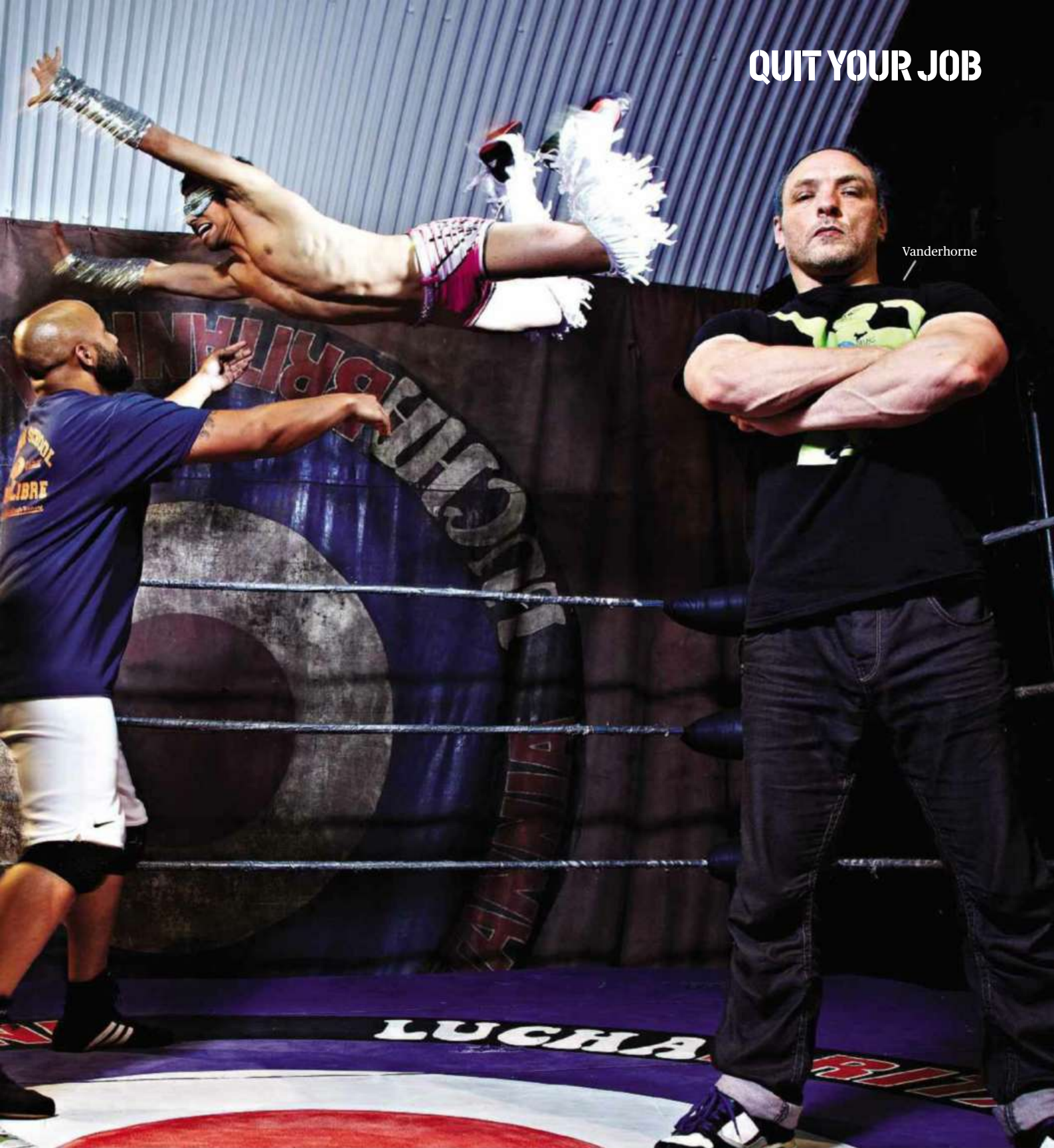
What we do is about making a difference to people's lives - not about money. On the whole people's lives are quite miserable and they're quite unhappy with what they're doing in their jobs, their relationships, their family lives.

We've had couples meet here. One couple has got married and had a baby. You don't hear about that in boxercise.
Some people might be interested but think it's hard to get involved. I like to think I can open a door that lets people get a bit closer without it being scary.

Our wrestling shows are like nothing else. Where else are you going to see a robot fighting a voodoo witch doctor? It just needs to be seen to be believed. It's ridiculous. And if I'm not happy with the entertainment I'm getting then I'll create something different.

I've broken a few bones along the way. I once did a dive in a venue where the ceiling was quite low. I couldn't jump up as high as usual so I jumped forward instead but the people I was fighting were a little bit further

QUIT YOUR JOB



Vanderhorne

away and weren't quite ready. I tried to rectify my mistake mid-jump and land on my feet but instead I landed diagonally on one foot. I shattered my calcaneus [heel bone], broke my ankle and tore the tendons on the outside of my leg. My heel bone sheared in half and there were seven breaks in one half. I knew immediately that I had a bag of bones in my boots. **Despite the pain I stayed in character.** Breaking character is the worst thing you can do.

GREG BURRIDGE

The first thing a wrestler learns is how to roll. It's useful in business too.

I used to be a photography assistant.

The job was pretty cool but I hated commuting. I'd pay for my season ticket to stand on a train and look down at the floor. I thought, "I can't do this for the rest of my life".

I got sacked from my job. I was really bad at it.

Life tells you being a wrestler isn't worthwhile. Well why not?

Life's too short not to take risks. I went to America to teach photography to kids. I was walking about NYC and I had this intense urge to go into a pharmacy. When I came back outside, a truck had skidded off the road and crashed exactly where I would have been standing. It made me realise that life's short. I decided to follow my dream to be a pro wrestler.

I'd rather have no money and a lifetime of stories than be really rich and not have a chance to spend it because I was working too hard. ➔



ANDREW "STRETCH" RAYNER

AGE 34

BORN Lorne, Australia

JOB Has run CrossFit Hackney for two and a half years

TURNOVER £360K

Rayner used to work in corporate IT, but felt his job was nothing but red tape and politics. He decided to turn an interest in fitness into a career as a PT. Now he co-owns CrossFit Hackney (momentum-training.com/crossfit-hackney).

Many personal trainer courses aren't at the level they need to be. When I finished my first course I thought, "What do I do now?" There wasn't enough understanding. You get an introduction and then you're in charge of training somebody. Maybe that's why there are a lot of bad personal trainers out there.

I used to look after online applications for financial businesses. I was back in Australia on holiday and I was thinking, "Is this what I want to do for the next five years? Is this where I see myself?"

I had an interest in nutrition and competing in triathlons. I thought, "Can I turn this into a career?" Personal training seemed like a good place to start. **I started working at Virgin Active.**

It was a great place to learn about the industry without having to worry about marketing or a website, because clients just fell in your lap working there.

It took me a month to earn what I did in a day in IT. A few times I thought, "Fuck, what am I doing here?"

My father grew up on a farm and to him sport was a waste of energy. To him it was like, why would you want to run around chasing a football when you could

be working hard in a paddock, doing the hay or whatever?

CrossFit gets some bad publicity - I think it's because it's out there and well known. Whereas a PT who teaches bad form in the gym... who's going to see that? **We teach our clients to move safely,** not to max out on weights but to focus on the technique.

Nutrition is a big factor in why we have a diabetes problem in this country.

British supermarkets make it easy to make bad decisions. In Australia half the supermarket is fresh fruit and vegetables with a small section of processed food.

I don't buy my foods from any of them. I use local markets and farmer's markets, and I order a lot of meat and vegetables online. Maybe it costs more in the short term, but in the long term it's an investment in my health.

The fitness chef making lives easier

JARED WILLIAMS

AGE 33

BORN Cornwall

JOB Has run Fresh Fitness Food since 2012

TURNOVER £2m

When Williams was made redundant he turned the situation into an opportunity and created Fresh Fitness Food (freshfitnessfood.com), a food delivery company that focuses on meeting the macronutrient requirements of its clients.

Everyone and their dog will tell you how to run your business.

Don't follow advice that takes you away from your passion, even if it makes commercial sense. I could save money by cutting the quality of some of my ingredients. Some people would say that's a decision I should make.

Anyone who tells you they haven't made mistakes in business is probably lying.

I used to spread myself too thin. I woke up and realised there's only so many hours in the day. I had to ask myself what I was most passionate about.

I grew up in a Cornish pub with a reputation for good food. I remember clinging to my mum's leg while she was working - she ran the pub kitchen so I've got a lot of strong memories of food. I remember seeing 100 crabs crawl out of a bag because Mum presumed she'd ordered them dead.

I used to be a lawyer but I was made redundant. I'll never know whether I'd have had the guts to resign.

People in London don't eat the way they want to eat. They eat the way London wants them to eat.

A lot of our customers work from 8am to 8pm. Then they want to have some semblance of a social life so realistically they're getting home at ten before waking up at 6.30am. When do they have time to plan for their food, to shop, to cook, to clean, to freeze, to thaw and to package? That can easily take ten hours a week. I often think I'm trying to feed the person I used to be.

There's a reason companies want to sell sugar and flour. They're cheap, they can be transported very easily and they can be stored for a long time. Those three

factors are why sandwiches and buns are so cheap. The raw ingredients are so commercially convenient.

People focus on the science and the physiological side of food but they don't look at the psychological side.

There's an absence of a middle ground in nutrition. There's some basic knowledge and then there's

almost an Ivy League of knowledge coming from academics. It's very hard to bring that knowledge down to a level that is understood but which is still commercially viable. No-one wants to be publishing material that isn't making money. **We take that Ivy League knowledge and create meals based on it.**



The empire- building gym owner





RICHARD HILTON

AGE 44

BORN Birmingham

JOB Has run Gymbox since 2003

TURNOVER £11m

After growing dissatisfied with gyms in the UK, Hilton walked away from a career in advertising to create somewhere he wanted to train. The result is Gymbox (gymbox.com), the training centres designed for 18- to 35-year-olds. With a constant eye for innovation, the London chain is going from strength to strength.

I did an advertising pitch once where we didn't have any creative work to show. I said, "Because we're such a great agency we don't present rubbish like the other agencies - we only present brilliant work." We won the account. I walked away with the realisation that this was just smoke and mirrors. I had to find a different path.

It took us nine months to come up with the name. We had hundreds. I liked Boxers and Ballerinas but it was too long. We were running out of time and someone said, "Pick a name". Gymbox was on the list so I said, "That works".

A name means nothing - it's the brand you put around it that's important. An apple was a piece of fruit until Steve Jobs came along. There's nothing unique or ingenious about the name but the brand is brilliant. You could probably use almost any name if you create the right brand around it.

Somebody complained to Advertising Standards Agency about our Chav Fighting classes. The ASA investigated us and then said it's a victimless crime because nobody actually thinks they're a chav.

Sugar, for the younger generation, will be like smoking was for our generation - that's what I think. **We've been human guinea pigs** with trans fats and processed foods over the past 150 years, injecting the meat and accelerating the way apples grow.

I wouldn't say everybody should go to a gym. But everybody should exercise as much as they can. There's lots of medical research saying you'll live longer and feel better about yourself, so people should make an effort to do something.

What entrepreneurs do makes no sense. The odds are so stacked against you that you wouldn't do it if you were a normal person with a normal brain who thought in a normal way. You don't get into it to make money because it will probably fail. For me, it's about doing something different.

There's nothing wrong with other gyms. They all speak a language and it's a very generic, bland one that says if you're 18 or 80 we will appeal to you. We unashamedly speak the language of 18- to 35-year-olds. That's not to say if you're 45, 55 or 65 you can't participate, but we speak directly to adults up to 35.

The big gyms can do a lot of analysis, surveys and membership tracking because they've got more money. I'd like to do more of that. Having said that, a lot of the analysis they do is, "Why are members leaving us?"

We take risks. Some of them work, some don't.

We're making people healthy and they're having fun doing it, so it's not a bad way to spend your life. We're not selling cigarettes. We're creating health and happiness by challenging the norm and doing something differently.

I'm a member of a big chain gym too. I take my kids swimming there.

QUIT YOUR JOB

Our fitness entrepreneurs' eight tips for success

Business is a high-stakes gamble. Improve your odds with advice from the men who've done it

1 Don't compromise your vision

"If you believe in your ideas, take the risks. Don't compromise your vision - execute what you want to execute, and trust your gut," says Hilton. "That's what I've done for years. Everybody said putting a boxing ring in a gym was a terrible idea. They thought it would be East End gangsters kicking each other in the head."

2 Trust passion over money

"Find something you're truly passionate about," says Williams. "That's not to say you can't be motivated by money but, for me, it has to be more than that because there will be hard times. There will be moments when you want to forget about it."

3 Recognise your limits

"A common fault in people who try to set up businesses is that they don't recognise the limit of their skillset," says Williams. "They also forget that there are only 24 hours in the day. Bring in people more talented than you and make sure they're set up to be the best they can."

4 Learn your industry

"I've learned more from working with experienced coaches than I have on any course so if you can find a mentor, somebody you can look up to, it'll benefit you greatly," says Rayner. "The industry is huge and there are always opportunities to further your education every year. Look around, see what's working in the industry, branch out and look at different coaches, styles and techniques - there are so many people out there that you can learn from."

5 Believe in yourself

"Everyone will tell you that you can't do it. Don't listen to them," says Burridge. "It's because they're too scared to do it themselves. That's why they're telling you that."

6 It's going to be hard

"Personal training sounds like a great job. You think, 'I can hang around the gym all day' - and yes, it's fun but it's hard too," says Rayner. "You have to work around your clients. That often means being at the gym at 6am and not leaving until 8pm."

7 Your need to be adaptable

"The fitness industry is always changing," says Rayner. "If you want to be classed as a quality trainer, you need to keep up to date. It's like any other industry - you have to stay in front of the people around you."

8 Take everything seriously

"Wrestling isn't a joke," says Vanderhorne. "You're putting your safety in someone else's hands, and combining martial arts, stunt work and athletics - so it's all that, plus performing in character and working an audience. It's the same in business - if any single aspect slips, you won't succeed."

Tested by Ben Smith,
PT and winner of
BodyPower's Fit
Factor competition





Burn fat for 72 hours

More muscle, better cardio and a fat-burn that lasts for days... all in three sessions a week. HIRT is the new training protocol everyone's talking about. MF looks into the science behind the intensity - and tries the workouts

Words Joel Snape **Photography** Tom Miles **Model** Ben Smith

Fast. Exhausting. Miraculous? Every new combination of sets, reps and exercises has bold, occasionally insane, claims made about its effectiveness, but few have the scientific backing enjoyed by high-intensity resistance training - or, to give it its PR-friendly acronym, HIRT. Studies suggest it's the holy grail of training protocols: one that lets you build muscle while burning fat, with minimal time in the gym. The downside? You have to do it exactly right - and you have to acknowledge that it's going to, er, hurt. Still in? Read on.

First things first: if the name sounds familiar, you're probably thinking of HIIT, or high-intensity *interval* training, the format you'll see most modern gym classes follow. The difference, obviously, is the *resistance* part. These are full-body workouts, using low reps, heavy weights and "rest-pause" style training to keep the work rate up.

"Because HIRT uses heavier weights than traditional interval training, you'll get gains in hypertrophy, increasing lean muscle on top of improved aerobic and anaerobic fitness," says trainer and athlete Martin Sutcliffe (equinox.com), who's been experimenting with the training method since its invention (studies first mentioned it in 2012). And there's more. "Not only do HIRT

sessions burn more calories due to higher intensity during the training, they increase your BMR and EPOC [see the glossary on p87] after a workout, which means your body is expending more energy at rest and therefore burning

more calories for up to 72 hours afterwards.

In short: it helps the average gym-goer lose fat, gain muscle and get fitter all at once."

And there's hard science behind the hype: in a study comparing traditional bodybuilding with HIRT, the high-intensity group did around half as much actual "work" as the traditional lifters - lifting for only 22 minutes to the bodybuilders' 52 - and yet their energy expenditure 22 hours after exercise averaged 3½ times that of the group that followed a more traditional protocol. That's about a McDonald's cheeseburger's difference in calories, for half an hour less work.

There is, of course, a catch. Rest-pause training isn't exactly new - it's been a staple of bodybuilding



Feeling hardcore? HIRT
can build bombproof
abs in minimal time - no
sit-ups required



workouts for years - but combining it with ultra-short rests and full-body supersets means pushing through occasionally unpleasant levels of lactic acid. Doing these workouts isn't much fun: it means going to near-failure several times in a set, and our testers came away looking like they might need more than half a week to recover. "The main downside is the 'high intensity' part, yes," says Sutcliffe. "Hard work is a necessity, and I'd recommend anything from 24 to 48 hours' rest between workouts."

You'll also need to plan your workouts carefully. "Intensity can refer to a lot of things: a percentage of the biggest weight you can lift, the perceived exertion that an interval requires, or the speed you move the weights during a lift or interval," says trainer Bruce Butler (motusstrength.com). "If the weight's too low, you'll shift into aerobic mode, which means you produce less power and diminish the effects. To avoid that, you'll need to aim for weights that are around your six-rep max in each interval."

Finally, there's one more thing to consider: the men in the most comprehensive HIRT study were already pretty muscular and averaged around 8.5% body fat (the UK average is 15-17%). Translated, that means you'll burn more calories using HIRT if you start with a bit of muscle... but that's true of almost any workout format. Ready to feel the afterburn? Then get in the HIRT locker - your plan starts on the opposite page.



For power moves,
use a weight you
can lift explosively



STRENGTH

Do this workout using the rest-pause format. Do six reps, then instead of the normal minute's rest, rest for just 20 seconds. Then do AMRAP (see glossary on p87), rest for 20 seconds again, then repeat that. Do all the reps for 1A, then 1B, then straight back to 1A and so on until you've completed four rounds for the first pair of moves - and repeat with 2A and 2B. The downside: there will be lactic acid involved. The upside: at least it doesn't last long.

1A Deadlift

Hold a barbell in both hands with your feet on the floor. Keeping your arms straight and your back flat, drive your hips forward to lift the bar. Pause briefly at the top, drop the weight, and get some more reps in.



1B Bench press

Gripping the bar with hands slightly wider than shoulder-width apart and feet on the floor, lower the bar to touch your chest, then press up. No spotter? Use dumbbells instead so you can drop them when you fail.



2A Snatch-grip high pull

Start with a bar on the floor and your hands double shoulder-width apart. Lift the bar as you would in a deadlift, but drive your hips explosively forward and bring your elbows high, lifting the bar to chest height.



2B Pull-up

Hang from a bar, with arms straight and shoulders pulled away from your ears. Pull up until your chin's above the bar, then lower under control. If you can do more than six pull-ups, add a weight belt or hold a dumbbell between your ankles.



POWER

Do these three workouts in the same rest-pause format as on Day 1 - so six reps, then AMRAP twice, with 20 seconds' rest in between. Again, do all the reps for 1A, then 1B, then straight back to 1A. Do four rounds of each pair of exercises.

1A Back squat

Holding a barbell across your shoulders, squat down until your thighs are parallel to the floor, keeping your back straight and chest up. Drive back up through your heels.



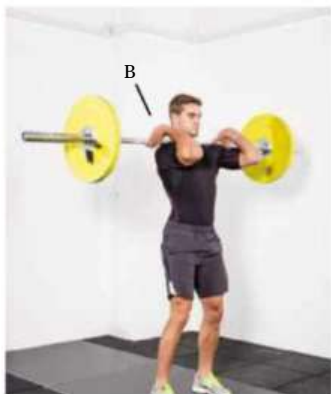
1B Dumbbell bench row

Lie face-down on a bench set at a 60° angle, with a dumbbell in each hand. Keeping your elbows close to your body, row the dumbbells up towards your armpits, and lower under control.



2A Hang power clean

Stand holding a barbell in front of your thighs, knees slightly bent. Drive through your heels and use the momentum to lift and "catch" the bar at the top of your chest. Lower and repeat.



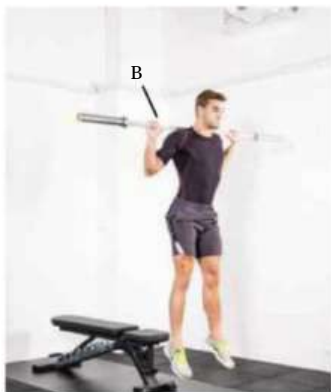
2B Handstand deficit press

Get into a handstand, keeping your body straight, then lower yourself until your head touches the floor, and press back up.



3A Barbell jump squat

Sit on a bench with an empty barbell on your shoulders. Lift your feet and stomp them down, using the momentum to jump as high as possible. This is where RPE comes in (see p87).



3B Dip

Starting with arms locked out on some dip bars, lower yourself until your upper arms are parallel to the floor, then press back up. Too easy? Use rings, or hold a dumbbell between your feet.



DAY
THREE

BODYWEIGHT TABATA

For this workout, do 20 seconds' work, get ten seconds' rest, then go straight to the next move. Rest for 2min between rounds, and complete three rounds in total.



THE GLOSSARY

The abbreviations you need to know

AMRAP

As many reps as possible - either in a set time, or until your arms/legs stop working.

BMR

Basal metabolic rate, or how many calories you burn at rest. Adding muscle increases BMR and helps you burn more calories over the long term.

EPOC

Excess post-exercise oxygen consumption. The extra calories the body burns post-exercise as it repairs micro-trauma in the muscles. Increased EPOC means a (temporarily) higher BMR.

RPE

Rate of perceived exertion - how hard you're working, ranking from 1 (watching *Peppa Pig*) to 10 (unable to talk, feeling like you might die).

XRM

X-rep max. The heaviest weight you can lift for the rep count given. For HIRT, you'll work with your 6RM. Don't know it? Use the Strength Standards calculator at bit.ly/1KnygOm. □

1 Body hollow

Lie on the floor with your hands pointed above your head, forming a dish shape on the ground. Brace your abs and hold.



2 Tuck front lever

Hang from a pull-up bar and lean back, bringing your knees to your chest. Hold the position. If it's too easy, straighten one or both legs.



3 L-sit

With your hands on the floor or a set of press-up handles, press your body off the floor, keeping your legs straight, and hold. Too hard? Bend one or both of your legs.



4 Tuck planche

Get into a tuck position with your hands on the floor or a set of press-up handles. Press your body off the floor. Don't attempt the straight-leg version.



5 Tuck back lever

Hanging from a pull-up bar, lift your feet between your arms and flip over, keeping your knees tucked, and hold. Too easy? Straighten one or both legs.



MF SAYS

Joel Snape,
associate editor

"Make the Tabatas harder by using only a pair of moves and alternating between them, keeping to the 20 seconds' work, ten seconds' rest protocol."

A shirtless, muscular man with short brown hair and a light beard stands in a gym, looking directly at the camera. He is wearing dark blue athletic shorts with three white stripes down the side and black sneakers with yellow accents. He is positioned in front of a power rack with a barbell and large weight plates. To his right, a wooden plyometric box is visible, and another person's arm is partially seen resting on it. The gym floor is covered in grey rubber matting. The lighting is dramatic, highlighting the man's physique.

ON | OPTIMUM
NUTRITION

#UPGRADED

*For the past six months, these
men have been on a quest to get
in the best shape of their lives.
Mission: complete*

OPTIMUM
NUTRITION

PROMOTION



Just how much can you improve in six months? For our four Optimum Nutrition Upgraders, who spent that time combining elite-level coaching with tailored nutrition, a bespoke supplementation plan and good old-fashioned hard work, the answer to that turned out to be: a hell of a lot.

All four drastically reshaped their bodies while improving their performance in and out of the gym, and laid the foundations for further improvements in the weeks, months and years to come.

The process started in March, when hundreds of men applied to be chosen by Optimum Nutrition to upgrade their fitness. Four were chosen: upcoming CrossFit athlete Alistair McGovern, aspiring fitness model Matt Botwright, long-time gym-goer Ben Marum and amateur rugby veteran Niall Moody. The four were all different in age, experience and aims, but what they had in common was a desire to improve and a willingness to push themselves to the limit in order to do it.

Men's Fitness and Optimum Nutrition were there to help. As well as assigning them a coach and nutritionist to guide them through every workout, meal and rest day, we provided them with an array of supplements tailored to their goals. How much did they improve? Turn the page and find out.



RUGBY

NIALL MOODY

For his last season on the amateur rugby pitch, Niall wanted to go out in a blaze of glory

With almost a decade of playing rugby behind him, Niall Moody's no stranger to the weights room or to protein shakes - but, going into his final season on the field, he still managed to learn plenty of new tricks from Saracens rugby coach Andy Edwards. "The biggest change was structure," says Niall. "Before, I kind of knew what I was doing, but having a structure to the workouts, nutrition, rest, sleep and everything else meant I got more out of everything. It was about getting my performance level back, feeling more confident in my movement, and I did that. I feel better than I have in years."

Niall also benefited from a combination of old-school weight training and cutting-edge tech. "Going to Saracens was amazing," he says. "It beat all my expectations. It was part back-to-basics, part sports science and up-to-the-minute gizmos. Andy Edwards was treating me like one of the older members of the squad, and it was stacked with information and advice - I was using the Wattbike just like the squad do, testing my vertical jump on a force plate... I was nudging them about a contract, but I think I'm getting on a bit!"

So is this *really* his last season? "Never say never," he laughs. "But certainly at the moment it looks like it. I've got a baby on the way, and I think my wife would kill me if I decided to go for another one..."



SUPPLEMENT
SPOTLIGHT

**OPTIMUM NUTRITION GOLD
STANDARD PRE-WORKOUT**



"Having the products available was fantastic," says Niall. "I've often used protein powders in the past, but I've never used pre-workouts before. Especially on heavy squat days, it really made a difference when I needed to get up and get going."



BEACH
BODY



OPTIMUM
NUTRITION

PROMOTION

BEN MARUM

Six months of hard training combined with a rigorous nutrition plan helped Ben get in the shape of his life

You'd think that getting ripped would involve cutting back on food, but for the first few months, beach body Upgrader Ben Marum actually got to increase it. "The initial bulking phase was fun," he says enthusiastically. "I started on 3,000 calories a day and kept increasing from there - up to 5,000 at one point."

Unfortunately, it wasn't to last. "The 'leaning out' phase over the last three months was a lot more restrictive," Ben says. "I had to be that guy who brings his own Tupperware tubs to the barbecue all summer. It was a challenge - but an enjoyable one."

His nutrition wasn't the only thing that stepped up a gear. "In the past, I'd been too sociable at the gym. I'd put the work in, but I'd take long rests and chat to friends. Tim Chase, my coach, changed all that, upping the intensity and cutting my rests to 60 seconds max. It was tough, but the upside was that my workouts were far quicker than before."

As well as sculpting a killer six-pack, Marum significantly boosted his numbers in key lifts. "My dumbbell chest press had been stuck on a plateau for ages," he says, "but after the six months I'd managed to increase it to 48kg in each hand, just 4kg short of my goal of a combined 100kg, which I was really happy about."

So what's next? "I'm off on holiday to put my beach body to good use," Ben says with a grin.

SUPPLEMENT
SPOTLIGHT



**OPTIMUM NUTRITION MICRONIZED
CREATINE POWDER**

"I encouraged Ben to take Micronized Creatine Powder post-workout," says Optimum Nutrition performance nutritionist Dr Crionna Tobin. "It really helped enhance his performance during bursts of high-intensity exercise, and also improved his power output."

MATT BOTWRIGHT

The aspiring physique athlete took his training and diet to the next level with the help of top fitness model Shaun Stafford

Personal trainer Matt had been lifting weights for nearly five years, and had always harboured ambitions of competing as a physique athlete. But without a coach of his own, he'd struggled to reach his goal. Enter two-time WBFF Pro Fitness Model World Champ and Optimum Nutrition ambassador Shaun Stafford, whose first port of call was to completely overhaul Matt's training. "Shaun had me doing a lot of upper- and lower-body superset splits - for example, I might do a back exercise immediately followed by hamstring curls," he says. "It really got my heart rate up and helped me to get lean."

The other key game-changer was nutrition. "I had no idea how important diet was for getting lean," Matt says. "Shaun put me on a low-carb, high-fat diet, which was tough at first, but I got used to it. It was stressful with the constant temptation of going out drinking, but I stuck to my guns - I've actually been teetotal since January."

Within just six weeks of starting his Upgrade, Matt had fulfilled his dream of competing in a competition. "It was nerve-wracking, but I'm really glad I did it," he says. "My long-term goal now is to enter a big competition at the BodyPower Expo in May 2016. To get there I need to bulk up between now and January, then go on a 'lean out' phase until the comp. The Upgrade has been amazing, so I'm keen to keep progressing."

SUPPLEMENT SPOTLIGHT



OPTIMUM NUTRITION GOLD STANDARD 100% WHEY

Matt's diet was carefully monitored and tweaked throughout the six months, but his post-workout shake remained constant. "A Gold Standard 100% Whey shake contains 24g of protein," says Stafford. "It was vital for repairing and building Matt's muscles after a tough training session."





ALISTAIR MCGOVERN

CROSSFIT

Technical proficiency and smart supplementation sent Alistair's lifts through the roof

For most CrossFitters, a couple of extra kilos on the big lifts a month is a success. Alistair McGovern is now measuring the difference in 20kg plates. "My back squat went from 145kg to 175kg for three reps," he says, with a (reasonably) modest smile. "I've just hit a 90kg snatch, and my clean's gone up to 120kg."

Alistair, who worked with Dragon CrossFit coach Andy

Edwards (not the Saracens man), puts the difference down to a laser focus on technique - "We worked it constantly, little things make a huge difference" - and eating big. "I was on about 5,000 calories a day," he says. "I was training a lot, usually six days a week and sometimes twice a day, but as long as you manage your recovery and nutrition properly, it isn't a problem."

Alistair used a combination of protein shakes and good-quality food to meet his targets. He kept his weight down to 73kg, which is

essential for CrossFit workouts that combine heavy weights with pull-ups, press-ups or gymnastic movements.

Next comes a step up to the big leagues. "I'll be doing the Athlete Games, Britain's biggest functional fitness competition, in January," says Alistair. "Then I'll try for the CrossFit Regionals later in the year - at some point, I want to make it to the Games. I'm only 24, and now I'm hitting numbers that most people take years to get to. I've got plenty of time." Don't bet against him.

SUPPLEMENT SPOTLIGHT

OPTIMUM NUTRITION GOLD STANDARD 100% CASEIN



"I didn't struggle to get my calories in as much as you might expect," says Alistair. "I was still trying to eat fairly clean, getting in good-quality meat and veg a lot of the time, but I did also have a couple of shakes a day. Casein was the big new one for me - I'd take it late at night to help recovery, and it really helped me get through my two-a-day workouts."



UPGRADE

Mens Fitness



OPTIMUM
NUTRITION



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11/15

Fuel

Get fit in
the kitchen

IKEA might
sell 'em
cheap, but
meatballs are
traditionally
seen as a
luxury dish in
Scandinavia -
they're saved
for special
occasions

Muscle- building meatballs

Master this classic
man-meal and reap
the bulk-fuelling
benefits

Simple, cheap and packed with muscle-enhancing **protein**, meatballs are a perfect post-training dinner that even the most culinarily challenged man can prepare. These recipes - from Matteo Bruno's new book, *Meatballs: The Ultimate Guide* - all feature ingredients that are brimming with healthy nutrients and mouth-watering flavours. Time to get on the ball(s). ➡

Spiced Lamb

The Middle Eastern spices in this recipe (pictured on p87) complement the distinctive flavour of the lamb – plus they offer high levels of metabolism-boosting capsaicin to help you shed fat.

INGREDIENTS (serves 4)

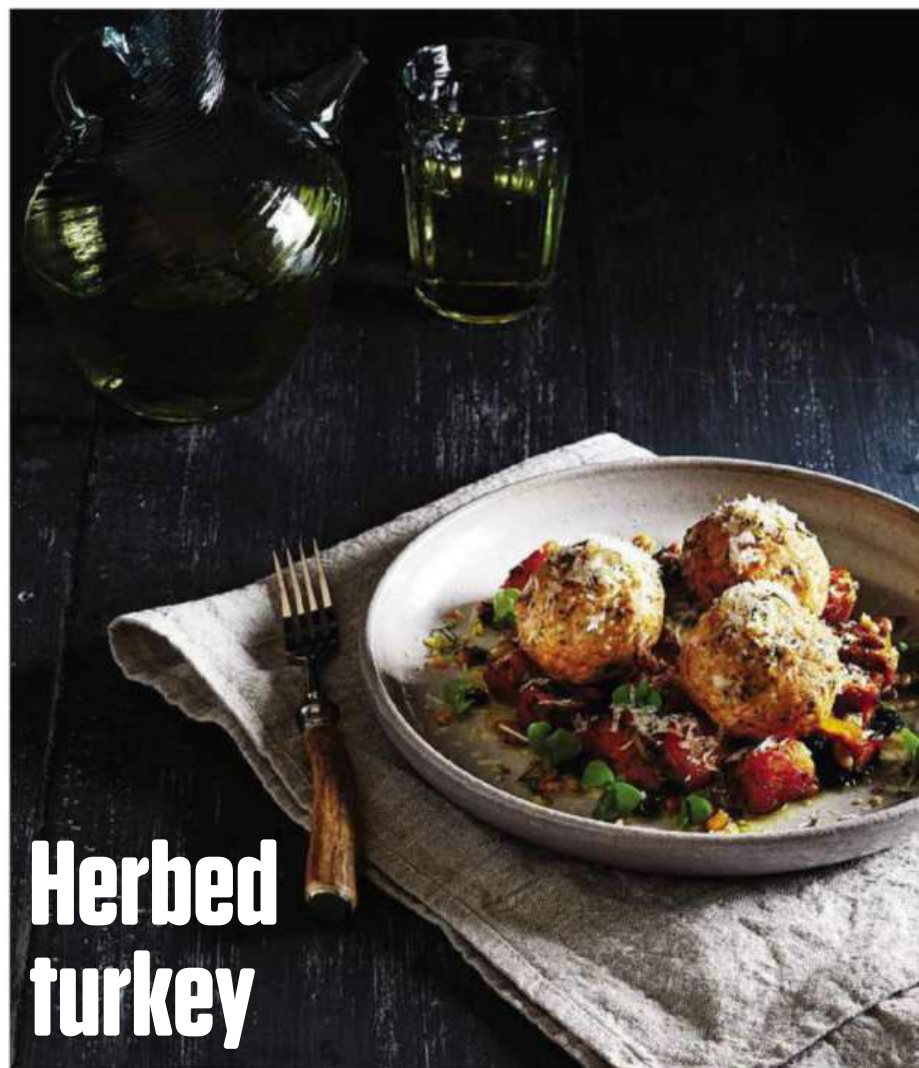
1kg minced lamb / 150g passata sauce / 1 egg / 30g dry breadcrumbs / 35g parmesan cheese, finely grated / 4 thyme sprigs, finely chopped / 30g flat-leaf parsley, leaves picked and finely chopped / Olive oil for baking

SPICE MIX

1tbsp coriander seeds / 1tbsp cumin seeds / 2tsp garlic powder / 1tsp onion powder / 1tbsp dried oregano / 1tsp mild paprika / Pinch of cinnamon powder / 1tsp chilli flakes / Pinch of curry powder

TO MAKE

- 1 Preheat the oven to 160°C/gas 2-3 and place a small ovenproof saucer of water in the back to create humidity.
- 2 Heat a dry frying pan over low heat, add the coriander seeds and cumin seeds and cook until they start to release their aromas.
- 3 Combine the seeds with the rest of the spices in a small bowl and mix well.
- 4 Add 2tbsp of the spice mix to the passata.
- 5 Combine the spiced passata with the lamb mince, egg, breadcrumbs, parmesan cheese, thyme and parsley, and season with salt and pepper.
- 6 Gently fold the mince mixture with your hands until all the ingredients are evenly combined.
- 7 Using your hands, roll the mixture into 32 balls.
- 8 Spread a baking tray with olive oil and carefully place the meatballs in the tray. Bake the balls in the oven for 18 minutes.



Herbed turkey

These light and lean oven-baked turkey balls offer plenty of flavour thanks to the potent herby combination of fresh basil, thyme and oregano.

INGREDIENTS (serves 4)

1kg minced turkey / 2tbsp olive oil, plus extra for frying and baking / 100g red onion, finely diced / 2 garlic cloves, finely diced / 1 small handful of oregano, leaves picked and chopped / 1 small handful of basil, leaves picked and chopped / 1tsp chilli flakes / A pinch of cayenne pepper / 2tsp cumin powder / 1tsp smoked paprika / 1tbsp freshly chopped thyme / 100g passata sauce / 90g dry breadcrumbs / 1 egg / 50g parmesan cheese, finely grated / Salt and pepper, to taste

TO MAKE

- 1 Preheat the oven to 160°C/gas 2-3 and place a small ovenproof saucer of water in the back to create humidity.
- 2 Put the turkey mince in a mixing bowl and season with salt and pepper. Add the remaining ingredients and combine thoroughly.
- 3 Using your hands, gently roll the mixture into 32 balls.
- 4 Spread a baking tray with olive oil and carefully place the meatballs on the tray. Bake in the oven for 8-10 minutes.
- 5 Heat a drizzle of olive oil in a frying pan and finish the meatballs by searing them in the hot pan for a few minutes to give them some colour and to ensure they're cooked through.

EXPERT UPGRADES

Add these extra ingredients to your meatballs for bonus health benefits

SHITAKE MUSHROOMS

"Include a handful of finely diced mushrooms with your meatball mix for an immunity boost," says functional medicine consultant and personal trainer Aaron Deere (kxlife.co.uk).

PEAS

"Add a handful of mashed peas to your mixing bowl for an extra protein hit," says sports scientist Laurent Bannock (guruperformance.com).

JALAPENO PEPPERS

"For an additional dose of metabolism-boosting capsaicin, add a teaspoon of finely diced peppers to your meatballs," says performance nutritionist Nick Morgan (awordnutrition.com).





Classic beef

This recipe swaps regular beef for the grass-fed variety, which gives the meatballs a rich, caramelised flavour and provides soothing omega 3 and 6 to help you recover after a tough workout.

INGREDIENTS (serves 4)

1kg grass-fed minced beef / 10 rosemary sprigs, leaves picked and finely chopped / 2tbsp dried oregano / 6 garlic

cloves, finely diced / 1 onion, finely diced / 2 eggs / 40g dry breadcrumbs / 175g passata sauce / 30g flat-leaf parsley, leaves picked and chopped / 35g parmesan cheese, finely grated / 1tbsp olive oil, for frying

TO MAKE

1 Put all the ingredients in a mixing bowl and combine with your fingers. Gently

roll the mixture into 32 portions and set them aside.

2 Heat the oven to 140°C/gas 1.

3 Heat the olive oil in an ovenproof frying pan over medium-high heat. Add the meatballs and cook, in batches if necessary, turning frequently so they brown evenly.

4 Once browned, return all the meatballs to the pan. Place in the oven for 12 minutes.

HOW TO TREAT YOUR MEAT

Follow Bruno's four simple principles to create perfect balls every time

1 Fresh is best

Always try to buy the freshest meat (with the longest expiry date) that you can find. Raw meat oxidises quickly, so minimise the amount of time it spends exposed to the air between leaving your fridge and entering the oven or frying pan.

2 Keep it cool

The colder you can keep your meat, the better the texture of your meatballs will be. Always store it in the chilliest part of your fridge - usually the bottom shelf, where the cold air collects.

3 Work it gently

Touching the meat too much will agitate the proteins and cause it to bind together again. Avoid this by pressing it very lightly when rolling your balls.

4 Fat is your friend

Don't discard fatty meat - not only does it provide flavour, it also contains moisture, which improves the texture.



All recipes from Meatballs: The Ultimate Guide by Matteo Bruno (Murdoch Books, £14.99) **Photography** Alicia Taylor

Lean machines

Convenient, versatile and healthy, grills are the ultimate kitchen tool for the hungry but time-poor gent

De'Longhi 5-in-1 Grill and Griddle

The best grills are mighty multi-tasking machines, capable of doing far more than just scorching giant slabs of meat (although they can certainly do that too). Case in point: this stylish offering from De'Longhi, which features five cooking functions - including a griddle, grill and panini press - so you can easily prepare everything from sandwiches and steaks to fish and veggies.

£130 johnlewis.com

BEST ON TEST



Words: Ben Ince Photography: Henry Carter

BEST ALL-ROUNDER



George Foreman Evolve

Still going strong after more than two decades, the original "lean, mean, grilling machine" remains one of the best pound-for-pound cooking appliances. This latest version has a deep bake pan, which you can swap in for the grill plate to cook omelettes, pizzas and even cake (for cheat days, obviously).

£100 georgeforeman.co.uk

BEST FOR PARTIES



Tefal Optigrill

It might look like a prop from a 1970s sci-fi flick but it has plenty of useful meat-prepping benefits. These include a sensor that adjusts the temperature depending on the thickness of the meat, allowing you to cook pieces of varying size. It can even grill meat straight from the freezer.

£130 homeandcook.co.uk

BEST FOR MEAT



Cuisinart Griddle and Grill

Featuring a nifty folding design that allows you to open it out, doubling the cooking area - ideal for an après ski-style meat feast - this machine is also armed with a griddle plate for whipping up muscle-building protein pancakes. Plus there's a panini press to sate your post-workout carb cravings.

£100 cuisinart.co.uk

BEST FOR VALUE

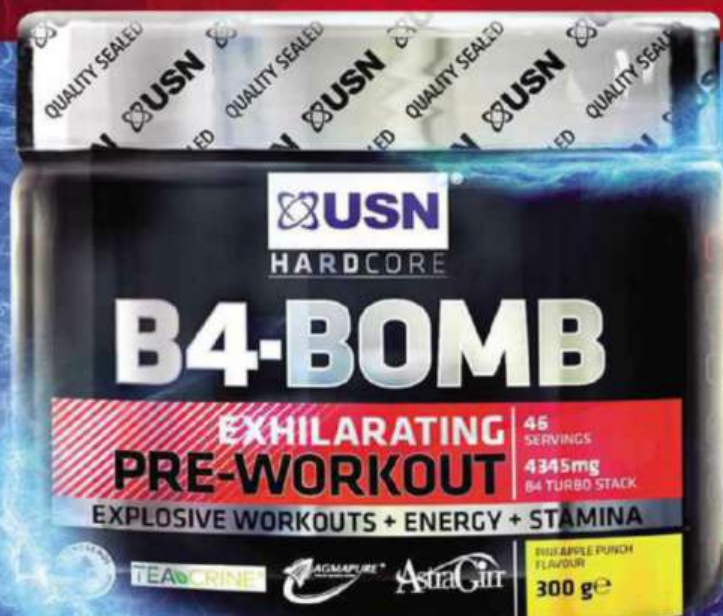


Andrew James Sandwich Press

Don't let the name fool you - this no-nonsense press is just as comfortable grilling huge hunks of meat as it is toasting simple sarnies. A lack of different cooking surfaces and temperature settings makes it less versatile than the other grills on test, but at this price you really can't complain.

£28 andrewjamesworldwide.com

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Wallace and Gromit were ahead of the curve on saturated fat



The healthiest cheese on the planet is...

With saturated fat finally getting the nutritional thumbs-up, there's never been a better time to make fromage a fridge mainstay

BEST FOR... BULKING **Parmesan**

When you're adding size, this Italian hard cheese towers over the competition, offering a mighty 38g of protein per 100g. A small amount packs a big flavour punch too - try swapping it for cheddar in omelettes or grating it over steak and rocket. 'Parmesan is also an excellent source of phosphorus, which boosts your energy levels during a workout,' says nutritionist Chris Chapman (cmcnutrition.com).

BEST FOR... CARDIO **Emmental**

As well as being perfect sliced in your sarnie, it's also brimming with vitamin B12, which plays a crucial role in supporting cardiovascular health - with 50g providing over a quarter of your RDA. 'Swiss cheese is also rich in selenium, which reduces cell damage after a long ride or run,' says Chapman.

BEST FOR... HEART HEALTH **Stilton**

When it comes to protecting your ticker, blue really is the colour. The reason? Blue cheeses - and stilton in particular - contain

high doses of heart-strengthening folate. What's more, recent Chinese research suggests that a dairy-rich diet can help to lower blood pressure levels. Try melting it on top of a burger for a bonus protein hit.

BEST FOR... FAT LOSS **Cottage cheese**

This unpressed curd is well known for being light on calories, while still packing impressive levels of protein and calcium - ideal if you're trying to get lean. This is backed up by research from the University of Copenhagen, which found the cheese to have powerful metabolism-boosting properties. Wash some down with a glass of milk before hitting the sack for a double dose of casein, a slow-release protein ideal for overnight muscle recovery.

BEST FOR... STRONG BONES **Edam**

The Dutch classic boasts 770mg of bone-reinforcing calcium per 100g, which equates to roughly three-quarters of your RDA. 'Edam's also high in vitamin D, which helps the body to process the calcium,' says Chapman. Its other practical benefit is it doesn't spoil for ages, thanks to its distinctive red paraffin wax coating.



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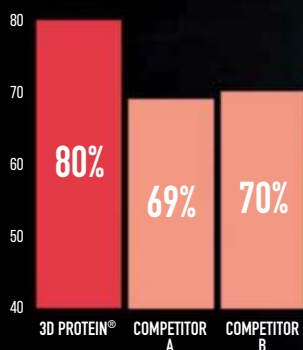
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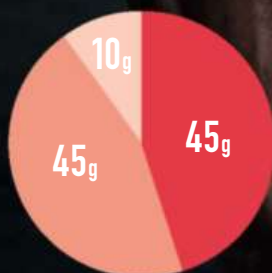
THE FACTS

80% PROTEIN (28g PER SERVING) | 3 RATES OF DIGESTION: **SLOW, MEDIUM AND FAST**
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PROTEIN CONTENT



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JOIN THE SANDWICH REVOLUTION

4
HEALTHY PROTEIN-
PACKED MEALS
IN A BOX



What do we want?
A less sad lunch break
for mankind. When do
we want it? About 1pm

Words Ben Ince,
Karishma Patel
Photography
Joseph Sinclair

★ It's the lunchtime trap so many of us fall into: the same lacklustre home-made sarnies or an overpriced high street takeout. But there is a third option: genuinely amazing, deli-beating DIY lunches. And that doesn't mean you'll need to start prepping at 5am – we've asked some top chefs to share their secrets for making satisfying, healthy sandwiches fast.

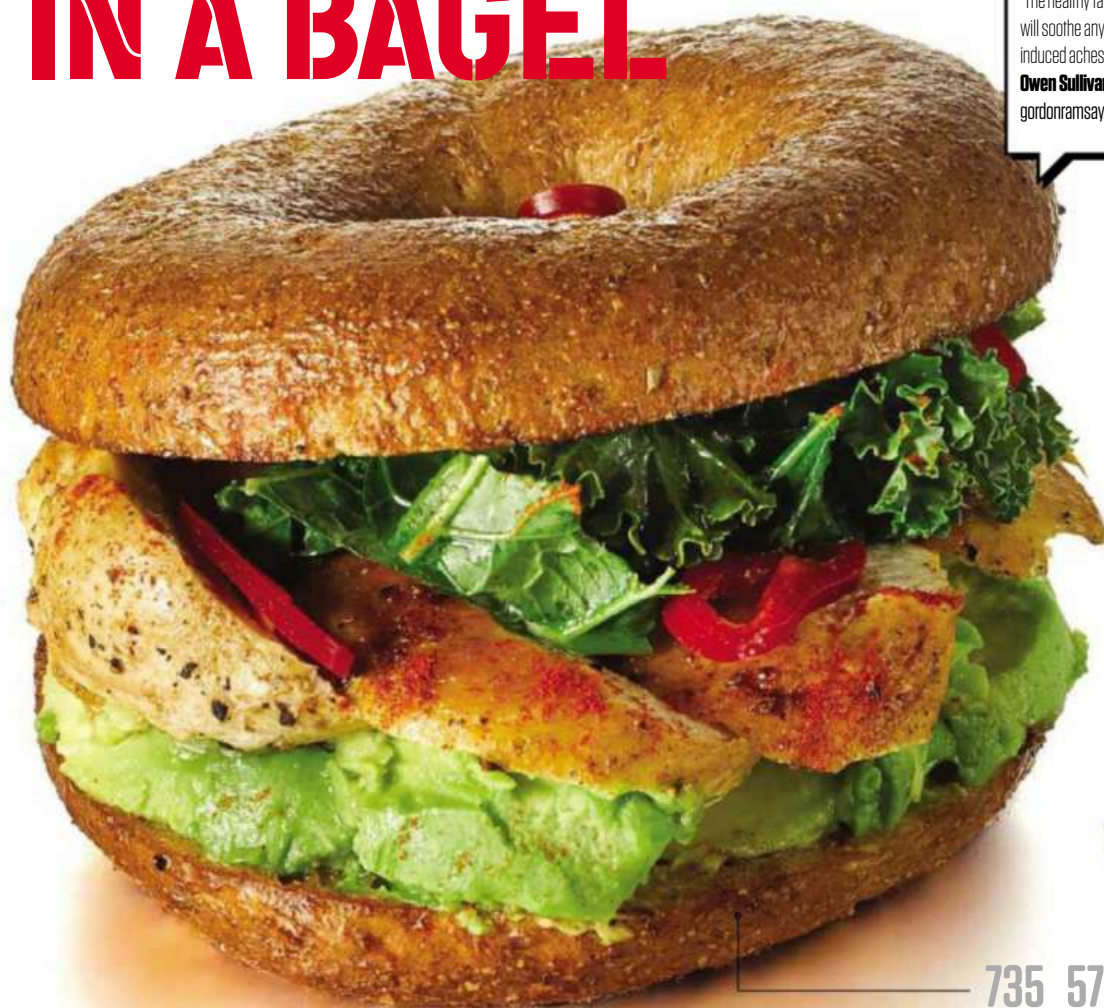
HAPPINESS (AND BIGGER BICEPS) IN A BAGEL

CHEF SAYS

"The healthy fats in the avocado will soothe any exercise-induced aches and pains"

Owen Sullivan

gordonramsay.com



735 57g 60g 30g

Calories Protein Carbs Fat

The roll-with-a-hole originates from 17th-century Poland, where Jewish families would (bizarrely) bake it as a gift for women to chomp down on during labour. Since then it's become a worldwide baking phenomenon, and nearly 400 million are sold in the UK alone every year. And while it does contain more calories than your standard sliced bread - owing to denser dough - there's no truth to the old wives' tale that claims a single bagel is equivalent to an entire loaf of the regular stuff. The fast-digesting carbs in this recipe make it an ideal post-training lunch, helping to replenish your glycogen stores and drive the protein from the chicken into your muscles.

INGREDIENTS

1 bagel / 1 chicken breast / 10g almond butter / 2tbsp extra virgin olive oil / 1 red chilli / ½ an avocado / 30g kale / Pinch of togarashi spice / Salt and pepper, to taste

TO MAKE

Season the chicken breast with a little salt and pepper, then grill under a medium heat until cooked through. Meanwhile, finely chop the chilli and kale and mix with the almond butter and olive oil. Cut the cooked chicken into small pieces and mix it with the chilli-kale mixture. Halve the bagel and toast it. Peel the avocado, remove the stone and crush the flesh into both sides of the bagel, then sprinkle the togarashi on top. Place the chicken mixture on the avocado and put the bagel halves together.



ENERGY-ENHANCING FLATBREAD

CHEF SAYS

"The broccoli in this recipe provides plenty of dietary fibre, which slowly releases energy to help keep your concentration levels up"

Robert Mitchell
drakeandmorgan.co.uk



Offering more carbs for less stodge, an unleavened yeast-free bread is perfect for anyone who struggles with the bloating effects of regular dough. And when you twin it with figs - which contain essential fatigue-fighting minerals, including magnesium, copper and potassium - you're guaranteed to beat the dreaded afternoon slump.

INGREDIENTS

1 flatbread / 1tsp clear honey / 3 figs, quartered / 50g Gorgonzola cheese, diced / ¼ red onion, thinly sliced / 5 sundried tomatoes / Handful of rocket, washed

TO MAKE

Warm the flatbread for 40 seconds under a medium grill. Scatter the rocket, red onions and gorgonzola over the bread. Wash the figs, then quarter them and place on top alongside the sundried tomatoes. Drizzle the honey over the top.

460
Calories
16g
Protein
61g
Carbs
18g
Fat

High street swaps

Brits eat over three billion shop-bought sandwiches every year, but the nutritional quality can vary enormously, often within the same shop. Save yourself hours of label-scanning and avoid the worst offenders with the *MF* guide to takeout sarnies

PRET

Posh Cheddar and Pickle on Artisan bread

It might sound classy, but a decidedly trashy 660 calories - over 25% of your RDA - and 17.6g of sugar (the same as you'd find in a Cadbury's Flake) says otherwise.



Wiltshire-Cured Ham and Greve Cheese baguette

This stuffed French stick offers a solid 31.5g of protein - equivalent to a typical whey shake - and just 3.6g of sugar.



TESCO

Smokehouse Pulled Pork sandwich with Barbecue Sauce

With 14.3g this has more sugar than a can of Tango, which also ramps up the calories.



Salmon and Avocado sandwich

This combination provides a hit of joint-friendly omega 3 and 12.8g of muscle-building protein for just 356 calories and a manageable 5.4g of sugar.



475 49g 32g 17g
Calories Protein Carbs Fat

CHEF SAYS

"Chicken is one of the leanest, lowest-calorie protein sources around, making it ideal for fat loss"

Elias Mamalakis
suvlaki.co.uk

The humble tortilla wrap can hold more filling than a regular sarnie but contains far fewer calories (depending on what you put in it, of course). The wholewheat version in this Greek-inspired recipe ups the health stakes by providing a hefty hit of low-GI slow-release carbohydrates, which will keep you feeling full for longer and help you avoid the temptation to snack in the afternoon.

INGREDIENTS

1 wholewheat tortilla / 1 chicken breast / Handful of spinach leaves / ½ a beef tomato, sliced / Pinch of tarragon / 1tsp olive oil / 1tbsp mayonnaise / 1tsp mustard / Pinch of sweet paprika / ¼tsp Worcestershire sauce

TO MAKE

Season the chicken breast with the oil and tarragon, then cut it into cubes and place them under a medium grill, turning regularly until cooked through. Meanwhile, mix the mustard, mayo, paprika and Worcestershire to make a sauce. Place the wrap under the grill for 30 seconds each side. Spread the sauce over the wrap, fill it with the chicken, spinach and tomato and then wrap.

FAT-BLASTING IN A WRAP

EAT

British Beef and Pink Onion Chutney sandwich

A homegrown sarnie that's high in protein, but also has a staggering 171g of sugar.



The Full Works

With a mighty 37g of protein and a mere 2.9g of sugar – a carrot has more – this is ideal for lunchtime munching.



GREGGS

Mexican Chicken baguette

More sugar than a bowl of Frosties (15g) and over 20% of your RDA of calories means it won't do your waistline any favours.



Ham and Cheese toastie

This simple snack contains just 2.4g of sugar and a whopping 33g of protein – more than an entire chicken breast.



WAITROSE

Coronation Chicken sandwich

It might be labelled "Good To Go", but 14.6g of sugar sounds pretty bad to us.



Smoked Ham and Mustard Mayo sandwich

These triangles more than live up to the virtuous moniker, with 20.8g of protein and just 3.2g of sugar.



LIVE LONGER WITH A FOCACCIA

Made with slugs of olive oil, this Italian staple boasts impressive heart-health credentials (you can even make your own focaccia if you have time). The recipe below features broccoli that's been charred - which lets it retain far more immunity-boosting vitamin C than boiling - plus antioxidant-rich red cabbage, which protects the body from the effects of damaging free radicals after a lunchtime gym session.



459

Calories

27g

Protein

38g

Carbs

22g

Fat

INGREDIENTS

1 focaccia bread / 3 broccoli florets / 1tbsp olive oil / 1 egg / 1tsp mustard / 1tsp mayo / Handful of pickled red cabbage / 50g Old Winchester or Gouda cheese, sliced

TO MAKE

Boil the egg in boiling water for seven minutes, then remove it from the pan and run it under a cold tap to cool it. Peel it and thinly slice it. Meanwhile, slice the broccoli florets and cook them in the oil for four to five minutes, turning frequently, until lightly charred around the edges. Slice the focaccia and spread the mustard and mayonnaise evenly on one side. Layer the broccoli on the other side with the egg slices, pickled cabbage and cheese.

CHEF SAYS

"Red cabbage is rich in vitamin K, which helps to keep your bones and teeth strong"

Jun Tanaka
streetkitchen.co.uk

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Earn your sandwich-making black belt with these game-changing tools



1

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THE SANDWICH REVOLUTION



Reclaim your lunch break

Get up from your desk every day and feel the benefit, says MF associate editor **Joel Snape**

When the 4th Earl of Sandwich popularised the idea of “stuff between bits of bread”, he was trying to avoid interrupting his late-night gambling sessions. Three centuries later, most of us are still found clutching a bread-bound meal around noon - although we're more likely to be making phone calls or looking up cheap flights with the other hand than playing cards.

Still, just because a sandwich is portable, convenient and lets you do other things while eating, that's no reason to eat your lunchtime sub hunched at your desk, as two-thirds of British workers reportedly do. The Earl would no doubt be appalled, for a start, but failing to take a break actually hinders productivity, according to studies - you'll be happier, more focused and more mentally alert if you force yourself to get up and go out. Besides, that midday hour is yours to do with as you will, so it's time to reclaim it. Make a point of leaving your desk at lunch and don't look back.

Have a brisk stroll, try an express gym class, take a crumpled paperback to your local coffee shop and awkwardly flirt with the staff... Whatever you do, you'll come back to your desk ready to go, unlike the men who've spent their lunchtime watching parkour fails on YouTube. Feeling more ambitious? If you're assuming you get 227 lunch hours over a typical working year, that's about the time to watch *The Sopranos* (72 hours), listen to the audiobook of *Infinite Jest* (56) and learn French - or get really jacked. Just don't institute a lunchtime gambling den. That's probably a HR issue. □

Illustration RE Wilkinson Photography Henry Carter

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WWW.EFFECTIVNUTRITION.COM



Every month for a year, nutritionist Drew Price follows a different nutrition strategy. This issue...

The Blood Type Diet

The Diet

This eating plan bases your culinary choices on your blood group, recommending types and amounts of food that - in theory - you're genetically better suited to consuming in a bid to improve your body composition and general health.

The claim

There are various blood group-themed diets out there, all of which revolve around the idea that your type - O, A, B or AB - is a marker of your genetic heritage, how your forebears ate and therefore supposedly how you're best evolved to eat. The list of health benefit claims made by Peter D'Adamo (author of *Eat Right 4 Your Blood Type*, the best-known blood type diet) is extensive, and includes better immune function, lower cancer and diabetes risk, and a reduction in body fat.

The method

Foods are labelled "beneficial", "neutral" or "avoid", with portion sizes and number of weekly servings allocated to each group. The plan also emphasises exercise and lifestyle, with guidelines for how much you should train and practical advice for dealing with stress.

The reality

Even though the guidelines in the book are clear and comprehensive, this is not an easy diet to follow. My blood group O - which is the most ancient, according to D'Adamo - indicates that I'm a Cro-Magnon hunter attuned to eating meat, and that most grains and dairy are problematic. This sounds simple enough, but there's little that's intuitive about the food lists that accompany this diagnosis. When it came to meat, for example, red meats were classified as beneficial, chicken was only neutral and pork languished in the avoid category - even the lean, fresh stuff.

Sticking to food lists is fine, but the added complications of portion sizes and



weekly servings - four to six servings of between 112g and 175g of red meat, for example - meant that planning was essential. Even as a professional nutritionist, I had to work fairly hard to make sure I didn't mess it up. With so much to remember, stupid mistakes crept in, such as eating black olives (avoid) for a week instead of green (neutral).

The results

So what was the outcome of all this diligent graft? Not a lot. The diet claims to improve how you look, feel and function, but my Speedflex body scan results (speedflex.com) in all these areas were a real let-down. Improvements

in body fat and muscle mass were negligible, and if anything, I felt more stressed after having to worry constantly about following the ultra-specific eating plan. While my average blood pressure dropped a little and my levels of "good" LDL cholesterol rose slightly, none of these changes was significant.

The verdict

Hard work with little to show for it is like treading water - eventually you'll run out of steam and sink. The effort required and lack of any tangible results, coupled with the fairly shaky scientific evidence underpinning it, mean that while it's not a bad diet, it's not one I'd recommend.

Revert to type

Here's what your blood type says about the diet you need, according to Peter D'Adamo

A

The First Vegetarian

Should stay away from all meat and most dairy, and consume more green vegetables.

B

The Nomad

Eats a balance of meat, dairy, grains and veg, but may want to avoid wheat.

O

The Hunter

Does well on a low-carb, high-fat and high-protein diet that's rich in red meat.

AB

The Enigma

Tends to be healthier on lower-protein diets and, unlike other blood types, on starchy veg.

CHAMPION TIPS FOR

6 PACK ABS



Building a great midsection takes work. Some people are naturally gifted when it comes to round muscular shoulders, peaked biceps or diamond calves, but no one has naturally great abs. Romane Lanceford is a leading fitness model, transformation coach and physique champion—his body, especially his abs, are now recognized around the world and his body is his living. As you can see he walks the walk, here are his tips for a chiseled midsection.

THE RIGHT MINDSET

"You can't wish yourself to great abs. It takes a lot of focus to stay on track when you are dieting...suck it up because you are going to be hungry and there will be days you can't be bothered. It's going to take time so be patient. I put a picture on my fridge of what I want to achieve and look at it every day. Get your head in the game and you will see results in as little as 4 weeks."

BURN MORE CALORIES

"A layer of body fat over strong abs keeps them hidden to the world. It isn't rocket science so watch your total calorie intake and burn excess calories through exercise and cardio. This doesn't just have to be running on a treadmill—choose what you enjoy whether it's through sport, skipping, interval training, boxing or even the stepper, but burn those calories and commit to it at least 40 mins per day for at least 4 days per week. That fat isn't going to disappear on its own is it?"

EAT YOUR WAY TO GREAT ABS

"It's not just a case of restricting your calorie intake but it is about what you eat. We are all busy, but I manage what I eat every day and increase my protein intake through food and EFECTIV Whey shakes to keep my total protein numbers up. This helps make me feel fuller for longer and I also use it as a treat when I get any sweet cravings. See below for an example of my personal daily food intake when cutting for competition."

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
50 gms porridge with 2 scoops of EFECTIV Whey	Chicken breast, sweet potato & salad, PRO-VIT Multivitamin	Chicken breast, sweet potato & salad	40 mins preworkout EFECTIV Whey shake in water	Salmon with broccoli, 2 scoops AIM BCAA drink	Total Fat Free Greek Yoghurt with EFECTIV Whey (my dessert)



Follow Romane on Instagram [@romanelanceford](https://www.instagram.com/romanelanceford) for more dieting and exercise tips or to contact to hire as your own personal coach

EFFECTIVE TRAINING FOR 6 PACK ABS

"Remember the abdominal muscles are indirectly activated when you train other body parts especially when you do free weight exercises like squats and presses, so you don't need to train them every day. So choose the right exercises and do them 3-4 times per week max."

Here is Romane's personal workout that takes no more than 15 minutes. This is a superset circuit for 5 sets with 20 reps, 30 seconds' rest between sets. Add weights when you feel you want to add more tension as your abs get stronger over the coming weeks.

HANGING LEG RAISES

TIP Don't swing & control the lift

CABLE CRUNCHES

TIP Keep midsection tight & crunch with abs, don't use the arms to pull down

DECLINE SIT-UPS

TIP Hold a medicine ball with straight arms upwards

FRONT AB ROLL-OUTS

TIP Count to 5 on the roll-out

**TRUST ME
YOU WON'T NEED
ANY MORE AFTER
THAT. I TRAIN MY
ABS AT THE END
WHEN MY CORE
IS FATIGUED
FROM TRAINING.**

SO LET'S GET THIS STARTED!

Romane and his sponsors EFECTIV NUTRITION are willing to bet that following these simple tips you can make some great changes to your mid section. Share your results with us and one lucky Men's Fitness reader will get the chance to...

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 - 2 Follow Romane's tips above
 - 3 4 weeks later repeat step 1 with EFECTIV Whey in picture
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- Best transformation chosen wins. Winner announced Nov 30th on @MensFitnessUK and @efectivnutri

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Coconut decoded

It's the nut of the moment - but which coco-product will best enhance your drinking experience and make you fitter?

1

COCONUT WATER

This is the liquid you can hear sloshing around inside the nut, and although it's all the rage as a soft drink - UK sales were up 120% last year - it actually has potent endurance-fuelling properties. 'Coconut water can help replenish your sodium and electrolyte levels and reduce the risk of muscle cramps during a long ride or run, especially if you're training in hot weather,' says performance nutritionist Will Girling (primalwill.com). 'It's also a great source of blood pressure-maintaining potassium.'

CARDIO-FUELLING BLEND

INGREDIENTS

250ml coconut water / 250ml apple juice / 1 banana / Dash of lime juice / Pinch of sea salt

2

COCONUT MILK

A combination of coconut water and pressed 'meat' (the white inner shell) and often used in curries, milk is arguably the most nutrient-rich option - and the tastiest. 'In addition to healthy fats, it also has high levels of some crucial minerals such as bone-strengthening calcium, immunity-boosting zinc and energy-enhancing iron, all of which make it an excellent addition to your post-workout shake,' says Girling.

MUSCLE-BUILDING MILKSHAKE

INGREDIENTS

50g coconut milk / 400ml chocolate milk / Pinch of cinnamon / 30g whey protein

3

COCONUT OIL

Beloved of espresso-drinking fitness hipsters, this is one of the healthiest oils known to man. Made from the residue of dried, heated coconut milk, it's rich in medium-chain triglycerides (MCTs), which improve glucose tolerance and reduce body fat accumulation. 'It can improve brain function, help your body get rid of harmful bacteria and keep you feeling fuller for longer,' says Girling.

FAT-BURNING SMOOTHIE

INGREDIENTS

30g whey protein powder / 15g coconut oil / 100g frozen berries / 1 frozen banana / 250ml water

GOOD FAT? BAD FAT?

It's tempting to avoid foods that, like coconut, are high in fat because they contain more calories than protein or carbohydrate-based foods. It's true that if you're trying to lose weight, pigging out on even healthy natural fats will hinder your progress. But enjoyed in moderation - especially if you exercise regularly - they can actually help you burn fat, as well as improve your health in a variety of ways. This only applies to the kind of fats found in nuts, oils, avocados and olives, though - the processed, man-made trans fats in many snack foods are always bad for you.

Words Ben Ince
Words Joseph Sinclair



Last chance to prove you're the fittest in Britain

Time is running out to enter the UK's most popular gym challenge. Take on FitBrit now and you could win the title of Fittest in Britain - not a bad trophy for your mantelpiece

Entries are flooding in and competition is looking fierce, but MF thinks there's still room for a well-prepared athlete to top the FitBrit 2015 leaderboard. You need physical and mental toughness to excel and, as always, those who are best prepared will stand out in the end. That means fuelling properly and wiring your body to build lean muscle. Take a serving of Multipower BCAA 2:1:1 Powder to stimulate protein synthesis before, during and after a workout to get you in peak condition for the challenge.

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POWER BOOST

You need to be in the best physical shape you can be to put in a killer FitBrit time. Multipower nutritionist Drew Price has put together these muscle-building drinks to help you on your way.

CHERRY LIME COOLER INGREDIENTS

- 10g of Multipower BCAA 2:1:1 Powder
- 200ml water
- Juice of half a lime
- Mint leaves
- Ice

TO MAKE

Mix the BCAA, lime juice and water thoroughly. Pour over ice and garnish with the mint.

MUSCLE FIZZ INGREDIENTS

- 10g of Multipower BCAA 2:1:1 Powder
- 100ml water
- 100ml ginger ale
- Ice

TO MAKE

Mix the BCAA and water thoroughly. Pour over ice and top with the ginger ale.



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TIME ATTACK

Every second counts. UK CrossFit star Will Kane shares his tips for achieving the best possible FitBrit time

JOG ON

"Land on your heels and transfer to your toes quickly, pulling with your hamstrings," says Kane. "Run with your arms forward so you don't lose power sideways."

GRAND SLAM

"To get the most out of the rainbow sandbag slams, engage your core and use your obliques to throw the bag," says Kane. "Keep your core tight and in line."

ON YOUR BIKE

"Get in a comfortable position and drive with your feet flat to get the best cadence possible," says Kane. "Don't forget about pulling the pedals as they come up too, and use your hamstrings for the best results."

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EDDIE HALL
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HOW TO RUN A MARATHON IN 2016*

*Kilt optional

Eighteen months ago Rob Young was overweight and had never run a marathon. Today he's run 370 and counting. Here's what you need to know to complete just one ➡➡

R

ob Young, aka the Marathon Man, is the UK's real-life Forrest Gump. Having left the British Army's Royal Signal Corps in reasonable condition, he took an office job in his late 20s and quickly became overweight. "My waist ballooned to 38 inches [97cm] and I weighed over 100kg," Young, 32, tells *MF* when reflecting on how different his life was 18 months ago. "I was watching the 2014 London Marathon on my couch and was so moved by the fundraising stories I heard. My partner bet me 20p I'd never run one, so, with those motivations I set out the very next day to run my first marathon."

Fast-forward 365 days and he'd run 370 marathons, often wearing a kilt (his trademark, which he does at his children's request) and for the most part while holding a nine-to-five job. In the process he raised thousands of pounds for children's charities close to his heart. His story is one of triumph over harrowing tribulations and perseverance in the face of total fatigue but it has clear messages on how you can run - and relish - your own 42.2km challenge.

RULE #1 SET YOUR TARGETS

"My first run wasn't memorable, I can't even remember where it was, but you've got to start somewhere," Young tells *MF* during a break from training. Young found the motivation for his first race after hearing the inspirational

"Don't plan your route. Just run. Get lost. Run to a corner, decide just before you get there to go left or right, then keep going"

stories of the fundraisers scurrying through the capital that Sunday morning.

For most, simply earning a marathon place can be your first hurdle [see 5 Best Races For First-Timers on p116] but marking race day in your calendar will give you an instant kick of motivation and a target to help you tailor your training. The same was true for

Young - although his targets were that bit more ambitious.

Having proved to his fiancée Joanna he could finish a marathon soon after the 2014 London event, Young quickly resolved to run 50 in 50 days, then break the previous world record of 366 in a year held by Spain's Ricardo Abad Martínez. "Having a new target gave me a routine and purpose," he says.

RULE #2 KEEP IT FRESH

Come race day you only need to cover those 42.2km once, but in training you'll cover that distance many times over. Young clocked up a huge number of miles that won't have counted towards his total but will have taken their toll.

"I'd go from a 60-mile race in the Lake District to the North Downs 100-mile race to a marathon then to an 80-mile race the next day," he says. "I'd only count each as one marathon. I probably did 30-40 marathons on top of those 370."

To break up the monotony of training runs Young's unconventional advice is to abandon your GPS.

"Don't plan your route. Just run. Get lost. Run to a

Dusk till dawn: Young on his daily circuit of Richmond Park



Mile 23,
London
Marathon
2015



Young in action and
(above) with his
son Alexander-Lui,
who he calls his
“Course Director”



corner, decide just before you get there to go left or right, then keep going. If you run out of steam, slow down, walk, but don't give up. Give yourself a little chance to catch your breath and then keep going.”

RULE #3 MAKE MISTAKES

“What do I wish I'd known before my first marathon? My honest answer is always ‘Nothing’,” he says. “I know it wasn't easy, but going through that pain helps you learn quicker. You've got to experience the tough times before they get better. Looking back, I could have taken it a little easier but if I had I wouldn't have been myself and had as much fun.”

Fear, rather than fun, is probably what comes to mind for most people when facing a marathon, but enjoyment is key to Young's long-distance running method. “Stay happy before you race,” he says. “Don't punish yourself in training or with your diet. If you take it too seriously it'll be hard. Go into a race in a good mood and you'll find it so much easier.”

RULE #4 KEEP IT FUN

To acquire this positive attitude, Young's advice is simple: don't overthink it. “When you overthink everything, problems become bigger than they are,” he says. “Make sure you enjoy it. Eat what you want, drink what you want, and go run. Don't think, ‘I can't do it’. When you get to the start line, trust me, you'll finish it. If you don't for whatever reason, you'll have the determination to do it again. Everyone has that drive in them. Once you experience the community feel of everyone around you at a marathon or even

a 5K you'll realise how much it's a beautiful thing. Running's a beautiful thing.”

Young himself is a big part of that community feel. “If I see people struggling I'll sing them a song or tell them a joke. It takes their mind off any pain and also helps take my mind off it, leaving me refreshed and ready to go again. It's all part of manipulating the mind to go further than you thought you could.”

The Marathon Man also recommends a technique he developed for multistage events that will help you work on your race pace without leaving you in pieces. “I only race halfway, anywhere from a 1hr 8min to a 1hr 35min half-marathon pace, then use the second half as a warm-down period,” says Young. “By the end of your run you'll already have eased off so your body will recover quicker for your next run.” Obviously you don't have to run a full marathon in your training, but you can apply this method to shorter runs up to a maximum of 40km.

RULE #5 EAT WHAT YOU WANT

Inevitably, the mind can only carry you so far if your tank is empty. “Try to carb-load in the few days before a race from five or six different sources,” suggests Young. “But don't over stress about it. I mean, I eat chocolate éclairs, cheesecake, but I also eat cleanly. I eat plenty of fruit and veg.

“The day of a race I don't eat much. I'll have some water, a giant coffee and some Lucozade Sport Elite jellybeans to give me something to chew on. Then during the race I'll sip on some Lucozade Elite Electrolyte Plus, which provides 20g of carbs and five

BY THE NUMBERS

The Marathon Man's records that just keep coming

370

Number of marathons he ran in a year, beating the record of 366

16,380km

Distance run in a year, equivalent to running from London to Australia

600km

Recently completed the longest run without sleep

30 hours

Won the 2015 Transcontinental race from LA to Washington DC by more than 30 hours, running 117 back-to-back marathons in 140 days

100,000 feet

He's taking on a 3,058km race around the UK, aiming to complete it in under 26 days, which includes climbing 100,000 feet (30,480m)

£100,000

Young has raised this much and counting for the children's charities NSPCC, GOSH and Dreams Come True (dreamscometrue.uk.com)



On the campaign trail:
Young outside the
White House after winning
the Race Across USA



key electrolytes to keep me going. But I'm running all the time - it's slightly different for me. For example, once I cross the finish line I'll replenish my body with a 1,500-calorie milkshake and two burgers or pizzas. I'm on 6,000 calories a day but once those have gone down I'll get back to eating fairly cleanly."

With fire and plenty of fuel in his belly, the only other thing that could stop Young is injury, incurred due to flimsy footwear. "I'm the laziest runner in the world," he says. "I'd never stretch before or after a race but I now make sure I get regular sports massages and I'm careful with which shoes I run in."

"There's two spots you should watch for," says Young, revving himself up over something he's clearly passionate about. "Shoe manufacturers make the tongue too big. It's like having a mattress on the front of your foot. A little cushioning is OK but make sure it doesn't restrict you flexing your foot upwards. The other problem is if the ankle is too high and digs into your achilles. If those two points aren't looked after you'll get injured. I'd go through a pair of running shoes a week but my favourites, if I can get my hands on them, are Brooks Ravenna 5s."

RULE #6 DON'T UNDERESTIMATE YOURSELF

Since completing his objective at the 2015 London Marathon, Young has continued to push his limits, winning the 4,990km

Race Across USA and then breaking the record for the longest distance covered in one go with 607.93km. It's an exhausting list of achievements just to reel off [see *By The Numbers* on p115], but it reveals the remarkable extremes the human body can endure.

"The body can go through more than you can imagine," says Young. "I was expecting to pass out at some point [during his record single stint] but I was still coherent - it was just a whole new level of pain. It was as if my body and face were on fire. I was very dizzy. My throat closed up a bit, my chest felt tight and at that point it was time to stop."

Despite that striking image, don't be deterred from taking on your own challenge, or too concerned for Young's condition. Six days later he was on a treadmill - another new experience for him - hunting down a new 24-hour record. "I really believe everyone can get out there and run further than they believe possible," he says, getting ready to shoot off back to the treadmill. "It's about how you can manipulate your mind. If you can do that you'll run better, run happier and everything's going to be so much easier for you." □

For more information on Rob Young's fundraising, visit marathonmanuk.com.

For tips and advice from Lucozade Sport's team of running experts, visit lucozadesport.com/sports/running

5 BEST RACES FOR FIRST-TIMERS

Getting into the London Marathon can be tougher than slipping past the most selective of West End club doormen - and comparatively expensive - but these five runs are a much better bet for beginners

1 **Rock 'n' Roll Liverpool, May**
Swap the London Docklands for Liverpool's Albert Dock, where bands line the course celebrating each runner and the race culminates in a concert at the finish line. runrocknroll.com

2 **Brighton, April**
Hit the south coast for a mix of urban and countryside landscapes, generous support, motivational music, impeccable organisation and fast tracks. brightonmarathon.co.uk

3 **Brathay Windermere Marathon, May**
A rural Lake District route with intimate crowds and hills that offer a challenge but also a welcome distraction to help the miles fly by. One for the experience, not the record attempts. brathay.org.uk

4 **Blackpool, April**
Scamper along the northwest's famous seafront promenade on this flat two-lap course. Because you'll already have covered the route once by halfway, you'll know how to pace yourself for a final sprint. fyldecoastrunners.com

5 **Loch Ness, September**
Head north for a late summer circuit on the misty hills of mysterious Loch Ness and into the welcoming support of Inverness. The small field gives you ample room to pick your way through to the finish line. lochnessmarathon.com

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#SNACKCLEAN

THE COACH Alex Gildea



The plan "Holding the dumbbell in your right hand as shown, do all the reps of all six exercises, then start again with the weight in your left hand," says Gildea. "Do the workout two or three times a week."

WEEK 1

SETS 3 REPS 5 EACH SIDE
REST 60SEC

WEEK 2

SETS 3 REPS 5 EACH SIDE
REST 45SEC

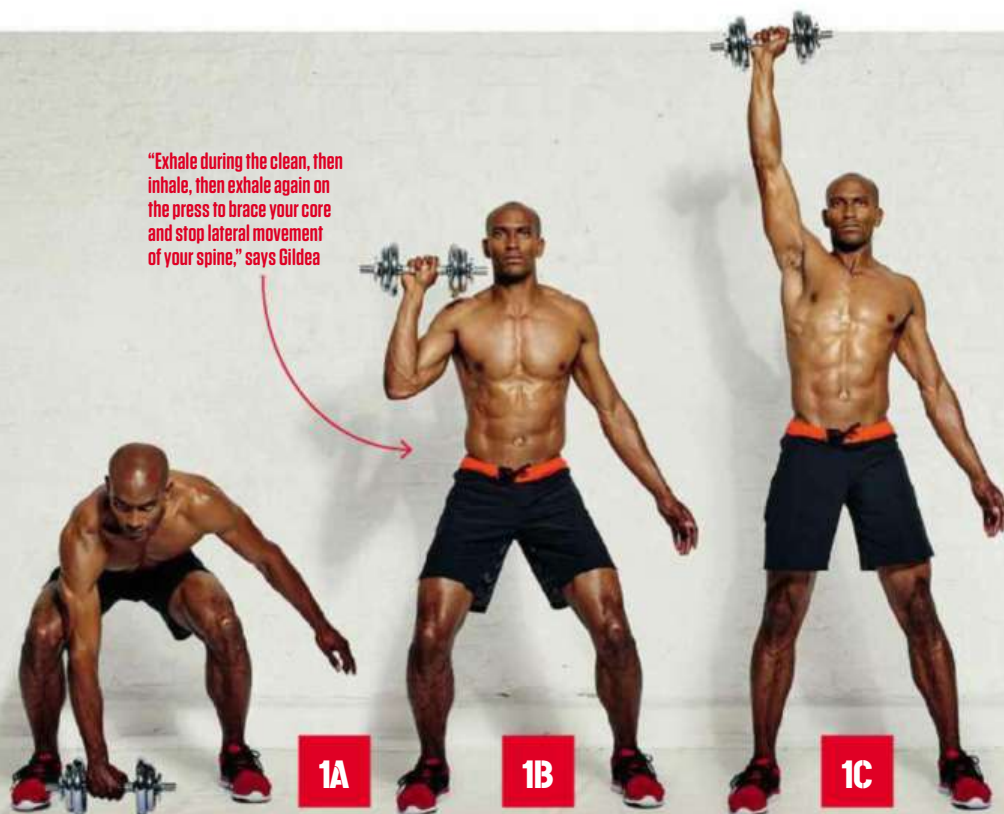
WEEK 3

SETS 4 REPS 5 EACH SIDE
REST 30SEC

WEEK 4

SETS 5 REPS 5 EACH SIDE
REST 15SEC

"Exhale during the clean, then inhale, then exhale again on the press to brace your core and stop lateral movement of your spine," says Gildea



Stronger abs, leaner belly

Grab a dumbbell to build core strength and impressive abs in six moves

To strengthen your abs muscles, you need to create instability that they resist. Then, to reveal them, you need to burn more calories than you consume to strip the fat concealing them. This workout does both.

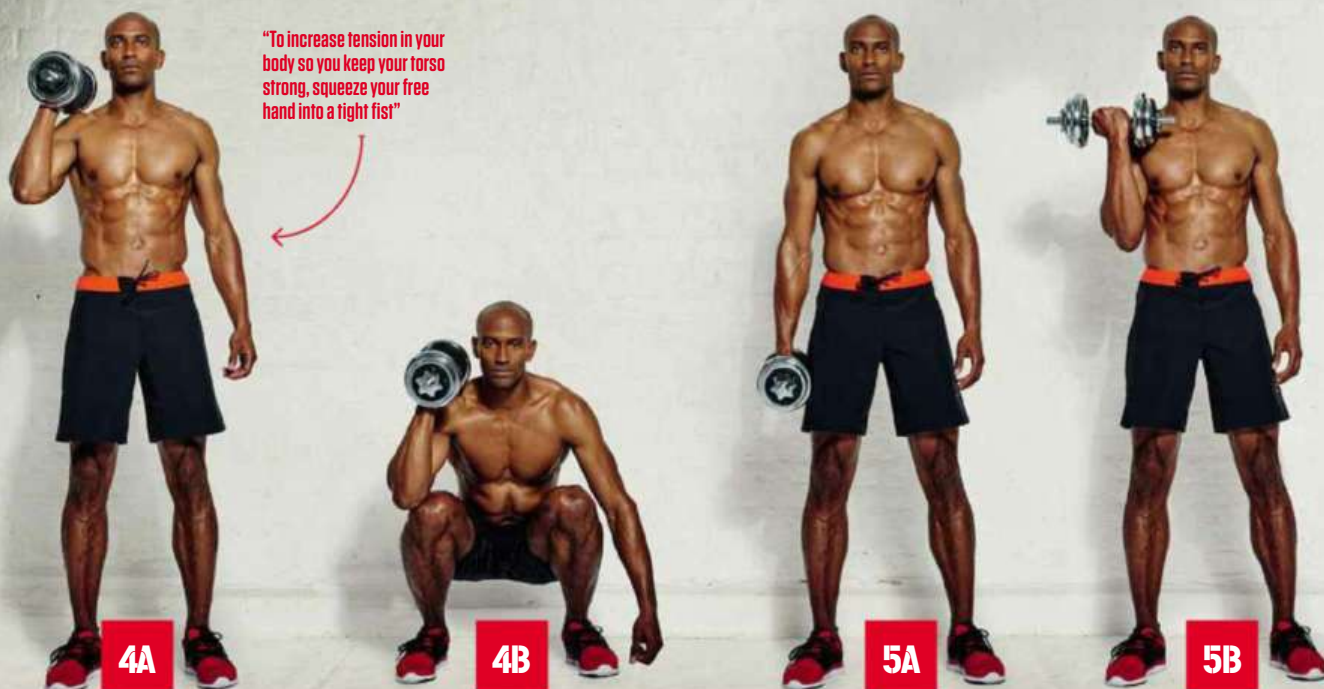
Created by trainer Alex Gildea (gildeafitness.com), it uses unilateral exercises. Why? "When you move

with just one side of your body - which you do with every step - your core activates, stabilising your spine and pelvis and transferring power across your body," he says. Doing the moves as a complex - completing them without putting down the weight - also keeps the intensity high enough to melt fat.

1 CLEAN AND PRESS

Bend your legs and grab the dumbbell from the floor. Drive up and pull the weight to chest height, then drop under it to "catch" it at shoulder height. Straighten your legs to stand and press the weight overhead.

"To increase tension in your body so you keep your torso strong, squeeze your free hand into a tight fist"





2A



2B



3A



3B

"This is a great stretch for your hip flexors. Engage your core before you perform the move to stop your pelvis rotating"

"Push your hips back to straighten your back and engage your core – it should feel like you're wearing a tight belt"

2 REVERSE LUNGE

Lower the weight to your side. Take a big step backwards, bracing your core to keep your torso upright, then lower until your knee is just off the floor. Drive back up to the start. Alternate legs.

3 BENT-OVER ROW

With a slight bend in your legs, hinge forwards at your hips until your back is almost parallel with the floor. Keeping your core tight, row the weight up towards your armpit so you feel a squeeze in your upper back, then lower.

4 FRONT SQUAT

With the dumbbell at shoulder height, keep your core tight and your chest up as you lower into a squat. Keep your knees wide apart. Then stand, driving your hips forward to generate power.

5 CURL AND PRESS

Keeping your elbow tight to your side, curl the dumbbell from your hip to your shoulder, then press it overhead until your arm is completely straight. Reverse the move back to the start.

6 ROMANIAN DEADLIFT

With the weight in front of your thigh and a slight bend in your knees, hinge at the hips to lower the dumbbell until you feel a stretch in your hamstrings. Drive your hips forwards and rise. Now switch hands and do it all again – then you can rest.



"Contract your glutes and core to stop your back hyperextending during the press"



5C



6A

"Progress to doing this on one leg. Contract the glute muscles on your raised leg to improve balance and allow a deeper stretch on the working hamstrings"



6B

5 instant warm-up fixes

With winter coming fast, use these time-saving tips to preheat your body so you arrive at the gym door ready to go

Your journey to the gym can prime you for a workout: just add speed (and volume)



1 TOP UP ON PROTEIN

Get a head start on recovery with a dose of whey protein half an hour before you exercise. Research published in the journal *Medicine & Science In Sports & Exercise* found taking 20g of whey protein 30 minutes before resistance training can boost your body's metabolism for as much as 24 hours after your workout, helping boost thyroid function, protect against declining testosterone and kick-start muscle protein synthesis.

2 DRINK COFFEE

Caffeine can do far more than just force you out of a mind-

funk. A pre-workout hit will help your body to burn 15% more calories after exercise, according to Spanish research. Other studies show it can boost blood flow to your muscles for improved endurance and reduce perceived muscle pain so you can push beyond limits of fatigue. The perfect blend? A double espresso 30 minutes before your workout.

3 PRIME YOUR GRIP

The wrists are the most vulnerable part of your body when exercising, so warm them up with a simple grip strengthener at your desk while waiting for the caffeine to kick in. Research at the Olympic

Training Centre in Colorado found 90% of athletic injuries to the wrists occur when they're in a dorsiflexed position, which they are when doing anything from press-ups to front squats. Prep the muscles and joints for action with three sets of ten slow reps on each hand while squeezing a grip trainer (ironmind.com).

4 VISUALISE EACH EXERCISE

Mentally warm up your muscles by rehearsing your workout in your mind while you run to the gym. A US study found people who visualise their workouts benefited from a 13% increase in strength. Imagining your muscles contracting with each exercise can make the

electrical impulse sent from your brain to your muscle more efficient and the contractions more forceful.

5 PRESS PLAY

You don't need to be a happy hardcore fan to get in the groove for a high-tempo workout - listening to music with 130 beats per minute or higher can reduce feelings of fatigue and get you ready to attack your workout. A study from Brunel University found music positively affected muscular endurance and cardio fitness by up to 15%. So take your 130bpm pick from Calvin Harris's "Sweet Nothing", Drake's "Make Me Proud" or our pick, AC/DC's classic "Highway To Hell".



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HOME
WORKOUT

Build convict conditioning

Get yourself into impressive shape with no bars at all

If you've ever seen a film set in an American prison, you'd be forgiven for thinking that behind bars is the best place to get in shape: loads of free time, a collection of barbells and all the protein-rich gruel you can eat. This is only about one-third true. In 1996, a legal ruling stopped prisons buying new workout kit, so the only thing modern detainees have to work with is time - however much they're doing.

That didn't stop Paul Wade. After two decades in jail, he's created Convict Conditioning, a bodyweight training plan that focuses on a handful of basic moves that work every muscle - and upgrades them to tougher versions as they become easier. This is the intermediate plan.

How it works

You'll hit five basic types of movement in this workout: a push, squat, core move, 'bridge' - in this case, the reverse plank - and a hand balance. Once you've got those moves dialled in, you can progress to tougher variations, such as a one-arm press-up, one-leg squat or full handstand. You'll hit your whole body - no gym required.

Directions

Warm up with some arm circles, then do the moves in supersets - all the reps from 1A, then the reps from 1B, then on to the next move. Do the whole thing twice a week, and increase the reps until you're hitting double the amounts given.

1A Lever press-up

Sets 3 Reps 8 each side

The entry-level version of the one-arm press-up. Get on the deck, with one hand out on a sofa, chair or other knee-high object. Use the support as you lower yourself to the floor, then press back up. Once it's easy, graduate to the full one-arm version.



1B Prisoner squat

Sets 3 Reps 10

Assume the position: keeping your hands behind your head will put the strain on your glutes, where it belongs. With your weight on your heels, squat down until your thighs are parallel to the floor, then stand up.



2A Reverse plank

Sets 3 Time 20sec

Sit on the floor with your legs extended and press your hands into the ground. Get rigid: press up until your body's in a straight line, and pull your navel to your spine. Brace everything, and hold on.



2B Leg raise

Sets 3 Reps 8 each side

Lie on the floor with your legs straight out, hovering just off the ground. Keeping your core braced, lift them up in the air until they're almost perpendicular to the floor, then take a three-count to lower them back to the hover position.



3 Crow stand

Time 30sec

This finisher tests your abs, shoulders and forearms. With your hands planted on the floor and elbows slightly bent, bring your knees to your elbows and try to balance. Nailed it? Work on bringing your feet together in the position. Then try straightening your arms.



FITBRIT 2015

TEAM TO SHINE

*Want to push the pace at FitBrit 2015?
Get three friends and go for broke*



The Multipower team
(L-R): Anthony Nyman,
Stevie Hartley and
Richie O'Donnell

Not a big fan of cardio? Not a problem: thanks to FitBrit's brand new team dynamic, you've still got a chance to show off your lifting prowess while up to three friends take care of the lung-scorching stuff. All you need to enter is a mixed team of up to four people - but some basic tactics won't hurt.

"Playing to your strengths with exercise selection is crucial," says PT Anthony Nyman, who's representing Team Multipower in the challenge. "Strong, powerful guys will do the best on box jumps and passing press-ups, while you want your most agile guys on the ViPR tilts and sandbag rainbow slams. Ideally you'll divide

the exercises so that everybody is taking it in turns and nobody has to do two exercises back to back. That way everyone will have adequate recovery time and be able to go again at 100%."

And, of course, there's another element to having your people behind you. "This type of challenge has a huge mental element. No matter which exercises you're doing, you're going to hit that point where your muscles are burning and your whole body's telling you to stop. That's when having your team-mates there to encourage you and spur you on will make a huge difference."

The Challenge

600m run
1% incline

Kettlebell swing 30 reps
(men 24kg,
women 16kg)

Plyo box over jump 20 reps
(men red,
women blue)

ViPR tilt 10 reps
(men 20kg,
women 10kg)

Bike 1.5km
(men level 12,
women 10)

Goblet squat
20 reps (men
24kg, women
16kg)

Rainbow slam
30 reps (men
9kg, women
5.5kg)

Row
400m

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You'll find form guides
to all the moves
on the site too

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Get on board with MoRunning in 2015 and raise money for good causes while having fun! This year around 20,000 MoRunners are expected to join the events in 16 locations around the UK, including three new to this year: Birmingham, Belfast and Brighton.

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There's a MoRunning event to suit every runner, from 5K and 10K MoRuns to the 10-mile Muddy MoRun for those who enjoy getting mucky. Early registration is recommended to secure a place.

To be a MoRunner means you are part of something bigger than yourself! You're part of a community, a family, a team. So find a MoBro with a funny moustache, a MoSista who's painted one on, or someone dressed as a superhero, smile, shake their hand, give them a high five and remember we're all in it together. Run hard, have fun and enjoy being part of something special!

► Find your nearest MoRun and register today
www.mo-running.com



2015 MORUNNING DIARY

Sunday 1st November

- **The Muddy 10K/ 10-mile MoRun**
Swinley Forest, Reading
mo-running.com/swinley-forest

Saturday 7th November

- **The 5K and 10K MoRun**
Holyrood Park, Edinburgh
mo-running.com/edinburgh
- **The 5K and 10K MoRun**
Temple Newsam, Leeds
mo-running.com/leeds

Sunday 8th November

- **The 5K and 10K MoRun**
Glasgow Green, Glasgow
mo-running.com/glasgow

- **The 5K and 10K MoRun**
Exhibition Park,
Newcastle-upon-Tyne
mo-running.com/newcastle

Saturday 14th November

- **The 5K and 10K MoRun**
Ashton Court, Bristol
mo-running.com/bristol

Sunday 15th November

- **The 5K and 10K MoRun**
Ormeau Park, Belfast
mo-running.com/belfast
- **The 5K and 10K MoRun**
Bute Park, Cardiff
mo-running.com/cardiff

- **The 5K MoRun**
Battersea Park, London
mo-running.com/battersea-park

Saturday 21st November

- **The 5K and 10K MoRun**
Sutton Park,
Birmingham
mo-running.com/birmingham
- **The 5K and 10K MoRun**
Croxteth Park, Liverpool
mo-running.com/liverpool

Sunday 22nd November

- **The 5K and 10K MoRun**
Wollaton Park, Nottingham
mo-running.com/nottingham

- **The 5K and 10K MoRun**
Heaton Park, Manchester
mo-running.com/manchester

- **The 5K and 10K MoRun**
Campbell Park, Milton Keynes
mo-running.com/milton-keynes

Saturday 28th November

- **The 10K MoRun**
Greenwich Park, London
mo-running.com/greenwich-london

Sunday 29th November

- **The 5K and 10K MoRun**
Stanmer Park, Brighton
mo-running.com/brighton

ANDRE NIEBERGALL
GERMAN BODYBUILDING CHAMPION

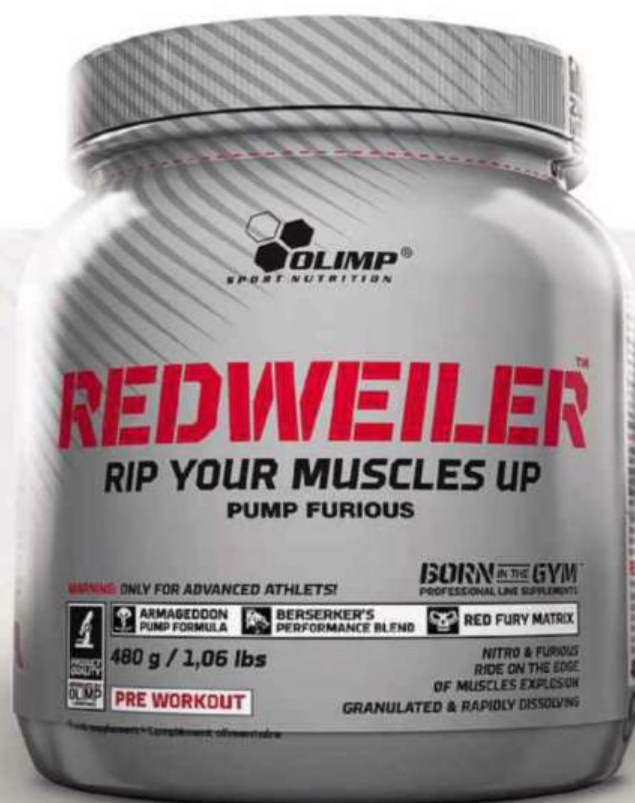


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THE BASICS**NAME** 10,000 kettlebell swing workout**ESTABLISHED** 2013**AVAILABILITY**

Nationwide

COST £20 for a 24kg kettlebell on eBay (or £71 new from Wolverston)**BENEFIT** Cardio fitness and lean muscle**What is it?**

Can you blitz fat, sculpt lean muscle and get quick-fire results at home or in the gym simply by doing one exercise? That's the premise of the 10,000 kettlebell swing workout dreamed up by world-renowned US strength coach and former All-American discus thrower Dan John. He says that swinging bells ad nauseam can help you drop a waist size or two in 20 workouts while increasing lean muscle and improving your cardio. All you have to do is swing 24kg between your legs 10,000 times in four weeks - and hope the skin on your palms doesn't wear down to the bone first.

As a coach at leading London gym W10 Performance (w10performance.com), I'm always on the lookout for new ways to test myself and benefit my clients. At the start of 2015 I spotted John's kettlebell swing workout on

danjohn.net, where John made it sound almost too good to be true. "The 10,000 kettlebell swing workout will rapidly transform your body in only four weeks," he wrote. "Everyone who tested this programme got leaner. Abs were more visible and their core and glutes 'discovered' how to work again, leading to athletic improvements in sport and the weight room. PRs [personal records] fell like dominos. Full-body strength and power shot through the roof."

The method

John recommends dividing the 10,000 swings into 500 reps each day in a single workout, five days a week, with some bonus multi-joint compound lifts thrown in for good measure (see In The Swing on p130).

The combination of a high volume of swings and a large compound lift is a

hell of a workout but the concept is simple enough. Find something that will test you physically and psychologically - it could be a movement you're not especially used to, or a type of cardiovascular activity. Then set aside a month, decide on a format - such as a challenging number of reps or metres to achieve per workout - and off you go. It could be something as simple as rowing 5,000m a day for a month, or completing 50 strict pull-ups a day.

To assess the merits of this programme I stuck to John's format, especially as recent study in the *Journal Of Strength And Conditioning Research* suggests that basing your workout on a kettlebell lift is a shrewd call. College soccer players in the US showed that adding a simple high-intensity kettlebell snatch routine (15 seconds on, 15 seconds off for 20 minutes)

to their workouts increased VO₂ max by about 6% over a control group doing the same drill with free weights and bodyweight moves.

The test

I didn't find the swings particularly challenging to begin with - although, in the interests of context, you should know I snapped my ankle ligaments and suffered a hip stress fracture halfway through my army PTI course a few years back and completed it anyway using bloody-mindedness and painkillers.

Despite my history of not quitting, my motivation did waver during the plan. My fingers were aching, I had calluses that stung and I couldn't even look at a kettlebell without pangs of nausea. I kept myself honest by making myself accountable to friends. Once I'd told everyone who would listen about the challenge,



The plan includes more than just kettlebell swings - which was fine with Steve, since it broke up the monotony

I couldn't afford to miss a session or they'd know.

At first I followed John's plan to the letter, but then I started raising the stakes to keep it interesting. Even the most active mind or creative workout playlist can't disguise the fact that this plan is rather repetitive. In some workouts I broke up the swings with strength endurance circuits of lower weights but higher reps, such as the 20 sets of 20 barbell walking lunges I did on one memorable lower-

body day. Then I'd work on power endurance with short sprints on the AirDyne or rower. Some days I focused on active recovery, either using the swings as a standalone session or mixing them in with corrective movements such as Turkish get-ups to improve my body mechanics.

I also ramped up the intensity as I went along by increasing the weight of the bell. I completed week one with a 24kg bell, week two with a 32kg weight

and weeks three and four with a 40kg bell. I opted in general for a three on, one off, two on, one off weekly split that saw me complete the challenge in 27 days.

To balance all the punishment my muscles were taking, I made sure I did plenty of stretching and soft tissue massage on a foam roller. Every day I'd stretch my hip flexors and quads by getting into a Bulgarian split squat stance (back foot on a bench and

back knee on the floor), then driving my pelvis forwards to loosen the muscles. I stretched my glutes by lying on my back and hugging one knee into my chest.

I also made sure my body got plenty of sleep, water and restorative macronutrients. I necked a coffee before each workout, sipped a BCAA drink during it for energy and to kick-start muscle protein synthesis, and drank a regenerating protein, carb and creatine shake afterwards.

How to swing

Dan John,
*pioneer of the
10,000 kettlebell
swing challenge
explains how to
master the move*

The swing is a hip hinge, not a squat. It's basically the position you take before a standing long jump. Look for maximum hip bend and minimal knee bend.

Begin in the "silverback gorilla" position. Hinge deeply, slide the kettlebell back slightly, and vigorously thrust your hips forwards to push the bell away from your body. Snap it upwards and rise until your body is straight.

There is no start or finish to a correct swing. When in the vertical position, stop the bell and toss it back between your legs. Don't let the kettlebell rise much higher than eye level. Keep your head up throughout.

Hinge again to create a rebound effect and pop back to the vertical position. Ensure you keep your glutes clenched, lats retracted and arms straight throughout the swing.

The swing should be aggressive and explosive - attack it with a high tempo.



IN THE SWING

Pick a bell to use for the whole plan. Entry level is 16kg, intermediate is 20kg and advanced is 24kg

DAY 1

10 24kg swings + 1 overhead press using your five-rep-max weight
15 swings + 2 overhead presses
25 swings + 3 overhead presses
50 swings
Rest 30-60 seconds
Repeat for a total of five sets

DAY 2 As above but with dips (using a 2-3-5 rep scheme)

DAY 3 As day 1 but with goblet squats

DAY 4 Rest

DAY 5 As day 1 but with chin-ups

DAY 6 As day 1 but without any extra move

DAY 7 Rest

Steve kept an Instagram record of his challenge – here are some of the highlights



The verdict

On paper I should have been a physical wreck by the end of the four weeks but in reality I was firing on all cylinders. I hit personal bests in my front squat, fat-grip trap bar deadlift, back squat twice (up 5kg) and Turkish get-up three times and my glutes were solid (thanks for asking). After those 20 workouts I'd increased muscle and decreased fat all over - 2kg either way.

So was it worth it? You bet. Is it right for you? Yes, as long as you're good at kettlebell swings. Mastering the movement is important [see How To Swing on p129].

Kettlebell swings don't hurt backs; kettlebell swings done badly hurt backs.

A top coach I respect called Jay Collins of Max Edge Fitness (maxedgefitness.com) did something similar on a SkiErg (which could also easily work on a rower). He covered 1,000m on the first day of a month, 2,000m on day two, 3,000m on day three, and so on increasing by 1,000m every day for a 31-day month. The volume towards the end of the month is huge, which also increases the psychological challenge, helping build a strong mind and industrious work ethic.

I wouldn't say that including 500 kettlebell swings a day, five days a week for four weeks is exactly sensible, and because an average workout lasts at least an hour it's it awkward to squeeze into lunch breaks. But taking on challenges that truly stretch you is certainly beneficial.

If you never test yourself, you'll never truly know what you're capable of. Real achievements, progress and magic happen when you push your boundaries.

As John writes, "Without challenges, the human body will soften. We thrive when we push our boundaries, reach goals and blast personal records. We perform better, we look better, and we feel alive." In other words, get comfortable being uncomfortable. ☒

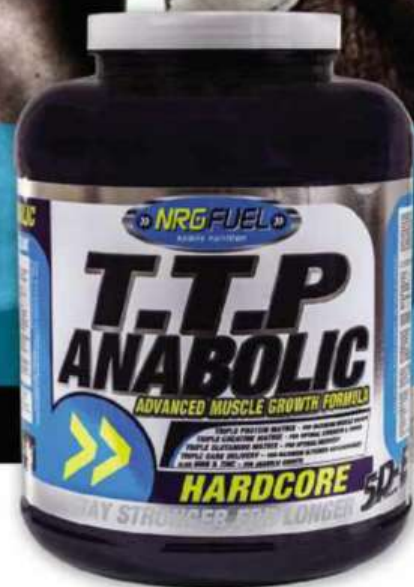
THE BREAKDOWN

No membership required ✓	Under 30min ✗
For all fitness levels ✓	Suitable for both sexes ✓
Lose fat ✓	Replicable at home ✓
Build muscle ✓	Available nationwide ✓
Boost endurance ✓	SCORE
Technique advice ✗	8/10

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STAY STRONGER FOR LONGER!

Master the slam dunk

What does it take to execute the classic basketball showboat? We asked a diminutive US college dunker and a coach who's worked with the game's giants from Shaquille O'Neal to LeBron James

1 Become explosive

Unless your standing reach height eclipses a dizzying 3m (the rim is 10ft off the floor) you'll need to have impressive jumping power and mechanics to make a dunk. "The best way to get your muscles used to firing and reacting for a lofty leap is with plyometric exercises," says NBA basketball coach Neal Meyer, who's spent 16 years in the league with six different teams. "Use skipping drills to work your calves, and double-leg and single-leg box jumps for five sets of three reps to build explosive power."

2 Add muscle

American player and trainer Brandon Todd, who stands 5ft 5in (1.65m) and taught himself to dunk through pain and perseverance on the court and in the gym, used squat jump thrusters borrowed from the workout of Russian powerlifters to achieve his dream. "From my second to third year of college, I gained 25lb [11.3kg] and added 18½ inches [47cm] to my vertical leap," says Todd (flytright.com).

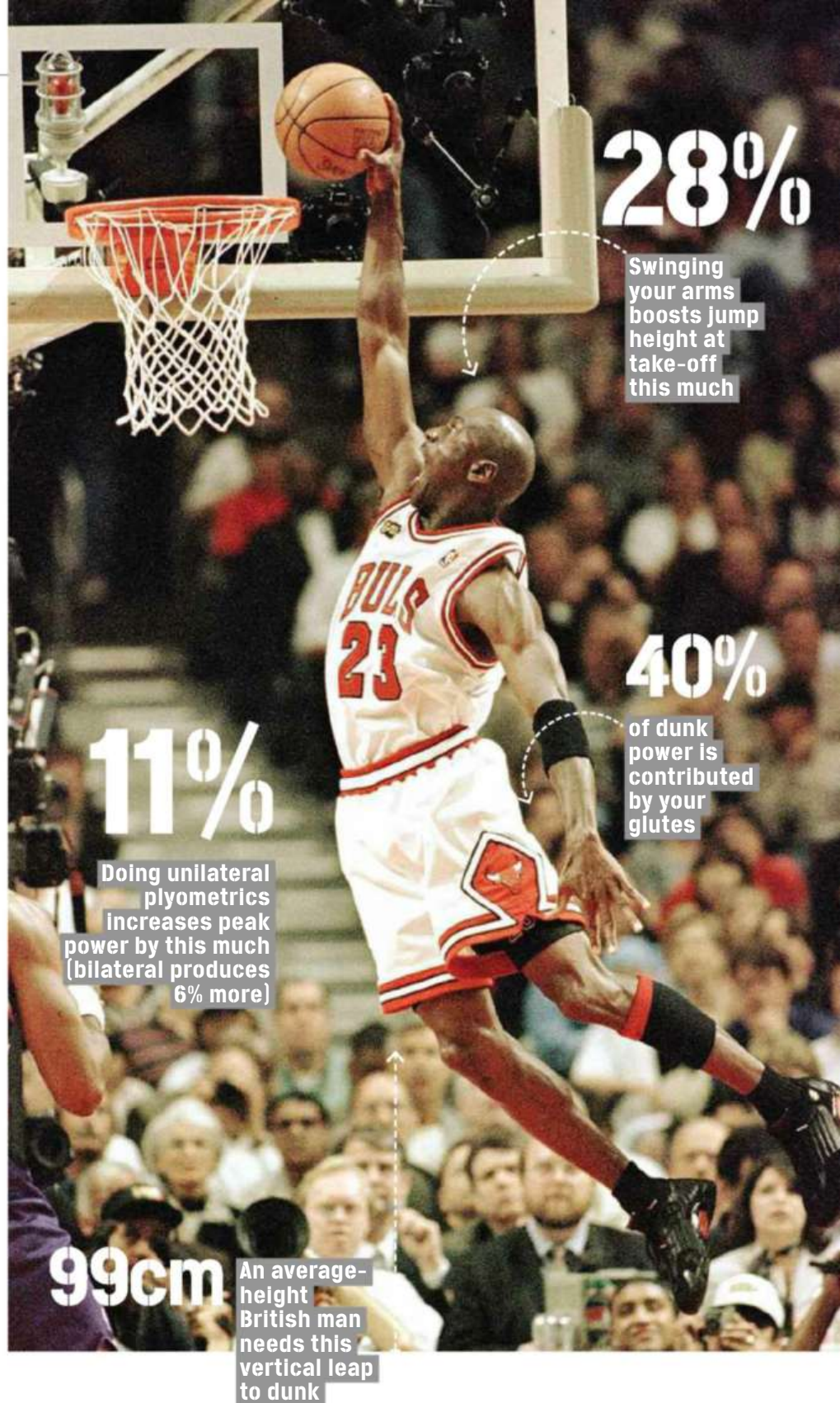
With the dumbbells at shoulder height, squat down and drive up to jump, then press the weights overhead. Land as softly as possible and repeat for three sets of ten reps. "I won't complete a workout without doing them, and I usually superset them with heavy Smith machine barbell calf raises for three sets of 25 reps."

3 Swap in a med ball

"Force progression to your slam dunk training by switching out the basketball for a medicine ball weighing between 4 and 7kg," says Todd. "It will strengthen your approach from head to toe."

4 Feel your balls

"Most people don't have big enough hands to naturally grip a basketball," says Meyer. "Practise squeezing and palming volleyballs and soccer balls until you're able to palm a regulation-size basketball. I actually learned to dunk by practising running and jumping and touching the rim without a ball or just holding a tennis ball. This is a great way to get your timing down and get a feel for dunking."



5 Start one-handed

"You need to work on your footwork, take-off point and timing so you can maximise your leap, and it's best trying a one-handed dunk to start," says Meyer. "If you're right-handed, start from the left side of the wing area and jump off your left foot."

6 Bring the net to you

"Mentally grasp the idea of dunking by setting an adjustable hoop to 9ft 5in or 9ft 8in high and repeat the technique until it feels second nature," says Todd.

7 Don't grab the rim

The pros do it because they can dunk in their sleep, but grabbing the hoop could end up knocking you out. "This is especially true if you're dunking one-handed. If you only get the tips of your fingers on the rim you could end up flat on your back," says Meyer. "When dunking, try to land with both feet on the ground to absorb the impact - landing with one foot first can increase the risk of injury. Practise your landing mechanics jumping off a plyo box before moving to the court."

"Although it's known that hair loss is largely determined by genetic factors, the mere presence of balding genes or hormones is not enough to cause hair loss."

Thomas Whitfield,
DPhil (Biochemistry),
an Oxford scientist and
founder of Oxford BioLabs®



GET TO GRIPS WITH THINNING HAIR

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- Produced and manufactured entirely in the EU
- Based on proven EFSA-approved ingredients (zinc, selenium, biotin)
- Easy-to-use (take 3 capsules per day)
- Vegetarian friendly

Even though more than 100 million people worldwide are affected by different forms of hair loss, thinning hair is a significant source of insecurity for many people. Observing this stark sign of ageing in the mirror, cleaning dozens of hairs from the bathtub, struggling to style your hair for the day ahead - these daily reminders of ageing lead to loss of self-esteem and confidence.



How a pill can boost your self-confidence

There seems to be a wide variety of hair loss remedies available on the market, but a closer look reveals that they're limited to just a major few. Hair transplants are difficult and expensive, drugs can cause side effects, and hair concealing is not effective in the long-term, leaving consumers with the feeling that theirs is a problem that can't be solved. But Oxford BioLabs scientists believe that their natural, proven, easy-to-use, hair-revitalising food supplement - TRX2® - can help to address hair loss issues.

TRX2® was developed after several years of thorough research into hair loss. Today, TRX2® from Oxford BioLabs® is one of the best-selling European hair supplements: a naturally-based product, consisting of pills made from a blend of drug-free ingredients that support the maintenance of healthy hair.

Many products on the hair loss market promise fast results, but immediate effects are rarely seen in this

field, and those who promise this are likely insincere. In contrast, Oxford BioLabs' latest consumer survey shows that people taking TRX2® have witnessed a significant improvement after six months of consistently taking the product. "Our customers have noticed that they're getting compliments, surprising their hairdressers, seeing clear advancements," says Thomas Whitfield.

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Pre-workout supps to beat your best

From supercharging your energy levels to sharpening your focus, here's what to look out for in your pre-workout shake

Make every session count

For HIIT workouts Beta-alanine

Combat fatigue with this amino acid. It's used to make carnosine, which is a compound that neutralises the burn of lactic acid in your muscles when you're doing short, high-intensity exercise. The average performance improvement is 2.85% - equivalent to shaving six seconds off your first four minutes of a timed workout or race, although it's less effective for longer events. You need to take it consistently to raise muscle carnosine concentrations, rather than just before the odd session. Around 3g a day for six weeks followed by a maintenance dose of 1.2g a day has been shown to give the best results.

NEED TO KNOW

High doses can cause skin tingles, but only for a few minutes - and you can prevent this by sipping the shake over 30 minutes rather than downing it quickly.

For focus Caffeine

The primary benefit of this stimulant is to boost levels of positivity-promoting endorphins in your brain. This reduces the perception of fatigue and pain, and helps increase alertness and concentration. But the effects are also physical: it can increase muscle fibre recruitment, aiding anaerobic performance. You

should take it 30-60 minutes before exercise and during your session if exercising longer than an hour. Between 70 and 210mg (equivalent to two cups of coffee) is an effective dose - more can blunt its effects over time.

NEED TO KNOW

Although it's a diuretic, it doesn't dehydrate you as much as once thought. Research shows that is because adrenaline, released during exercise, blocks caffeine's effect on the kidneys.

For increasing size Leucine

Pre-workout powders often include the branched-chain amino acid leucine. Along with the other BCAAs isoleucine and valine, it's essential for your diet because your body can't produce these acids on its own. The reason to take leucine before a workout is that it triggers protein synthesis and can reduce protein breakdown during a resistance session for increased strength and size, but you can get enough for maximum muscle-building effect (2g) from just three eggs.

NEED TO KNOW

If your diet already includes lots of eggs, dairy

products, meat, fish and poultry, you're probably getting enough leucine to help resist muscle breakdown already when resistance training.

For a short-term pump Arginine

Hammering out 20 press-ups will give you a short-term muscle pump thanks to vasodilation, the process that increases blood flow to muscles. Alternatively you can get the same effect from L-arginine supplements, which increase nitric oxide (NO) production, helping deliver nutrients and oxygen where they're needed. Combine the two and your muscles should swell appreciably. But if you're more concerned with hitting PBs than strutting in front of the mirror, then other NO boosters such as beetroot juice are more effective.

NEED TO KNOW

Arginine supplements may produce small benefits for beginners, but not for more highly trained athletes.

MF SAYS

Joel Snape,
associate editor

Be selective. Save the energy-boosting benefits of caffeine in your pre-workout supps for your toughest sessions or you'll start to blunt its effectiveness. Instead, use pure beta-alanine to improve performance over time. Don't be concerned if it makes your undercarriage tingle - it's only temporary.



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- Muhammad Ali

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Knock out fat

Use boxing conditioning principles to shed the flab in 28 days

Boxers are constantly battling fat. Whether they're from the Ricky Hatton school of ballooning up between bouts or follow Carl Froch's example by staying in fighting shape all year round, knowing how to shift excess weight is crucial. And without fail, high-intensity interval training (HIIT) workouts will help deliver the knockout blow.

"Losing weight isn't complicated," says Jack Laing, Chris Eubank Jr's conditioning coach, who cooked up this fat-fighting circuit. "To lose fat you need to be in a calorie deficit, which means burning more calories than you consume. So twin this workout with a balanced diet focusing on unprocessed, whole foods and you'll soon be flooring calories for hours after each session." ➡



HOW IT WORKS

HIIT perfectly mimics the demands of boxing with short, all-out blasts of effort and minimal rest. And it's also ideal for fat loss: by forcing your body to work explosively in short, sharp bursts with little recovery time, you push your muscles into oxygen debt, elevating your metabolism and triggering excess post-exercise oxygen consumption (EPOC). This means your body will continue to chew through excess calories for hours after you've hung up your gloves.

DIRECTIONS

Do the full-body workout that starts on this page, rest for three minutes, then do the abs finisher on p144. Perform the workout twice per week. Combine this training with skipping sessions (see opposite), bag work (p145) and the nutrition tips from the pros (p143) and you should be able to cut around 3-4kg over four weeks.

Full-body circuit

Complete this seven-move circuit four times, resting for 60 seconds after each round

①

SKIP

TIME 30SEC

Gently bounce on the balls of your feet with your knees slightly bent, keeping your chest up. Rotate the rope with your wrists, keeping your elbows tucked in to your sides.



Feeling confident?
Shoot for double-unders

②

DUMBBELL SHADOW BOX COMBO

REPS 20 EACH MOVE

Holding very light dumbbells, work through this combination of alternating jabs, then hooks, then uppercuts, then punches to the ceiling. With each punch, use your legs to generate power so you work harder. Pivot on your left foot when throwing lefts and right foot when throwing rights, and keep your "guard" up so your deltoids get an extra blast.



Go light to make your punches snap

3

ROTATIONAL BOX JUMP

REPS 10

Stand side-on to a box or bench. Jump up and twist to your side to land on the box with knees bent. Use your arms to generate momentum. Step down to the other side and repeat so you work in both directions.



JUMP ROPE DRILL

If there's one thing you take away from this boxing workout, it should be to incorporate the fat-blasting benefits of skipping into your training. Here's how

For stamina

Use this finisher at the end of a workout. Do one jump, then stop. Then do two sets of two jumps with a second's pause between them. Then do three sets of three and continue up to ten sets of ten. If you miss a jump, go back to the start of the previous level.

For strong calves

Don't skip legs day, skip *on* legs day - and save yourself the agony and tedium of calf raises. Skip on both feet for 30 seconds, then for 15 seconds on each leg. Repeat five times. The better you get, the less likely you are to miss a jump (and the harder your calves will have to work).

For quick feet

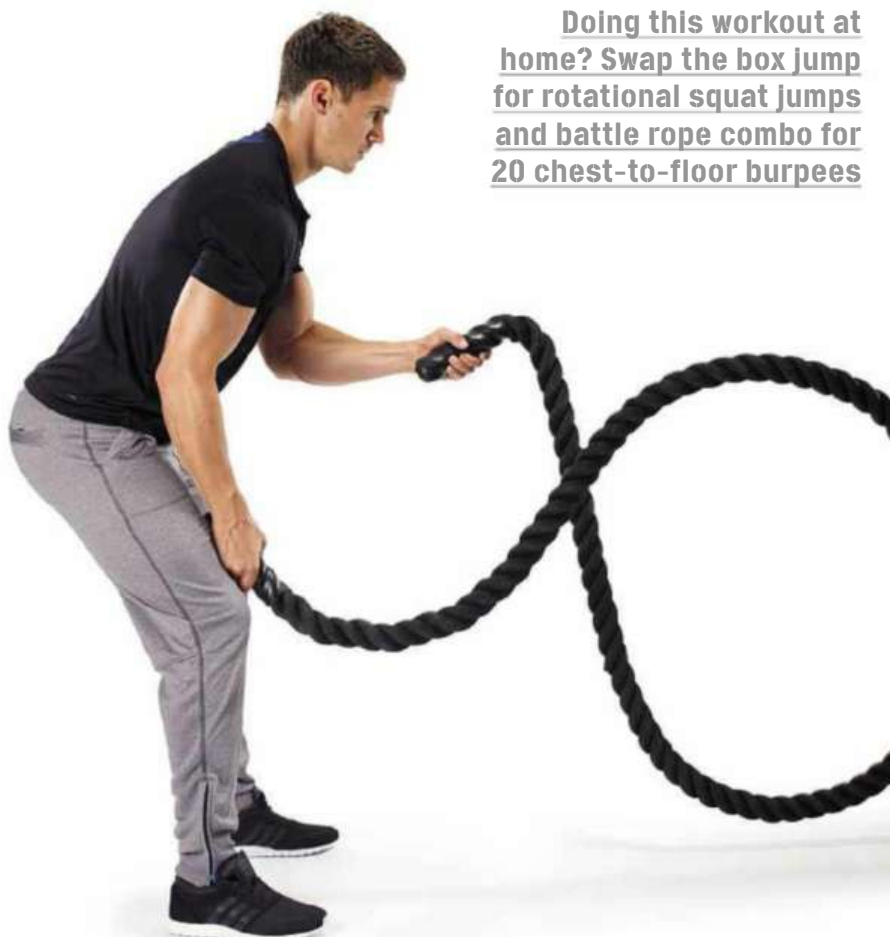
Skipping teaches you to be light on your feet - which is vital for every sport. Skip on both feet for ten jumps, then on alternate feet for ten, then on alternate feet bringing your knees high for ten, and then for as many double-unders as you can. Repeat five times.

4

BATTLE ROPE COMBO

REPS 20 EACH MOVE

With your legs slightly bent and your core tight, work through a combination of alternating one-arm slams, two-arm slams and scissors, where you move the rope laterally from out to in. Focus on generating enough power with each rep to create undulating waves down the length of the thick rope.



Doing this workout at home? Swap the box jump for rotational squat jumps and battle rope combo for 20 chest-to-floor burpees

5

BEAR CRAWL

DISTANCE 10M

On all fours, keep your core tight as you slowly walk your hands and feet forwards. A progression is to keep your hips low and your back flat.



6

CRAB WALK

DISTANCE 10M

Get on all fours with your chest facing up. Walk forward, leading with your feet and keeping your hips raised so you work your glutes.



Too easy?
Do the
bear crawl
and crab
walk 10m
backwards
too



7

STANCE JUMP

REPS 10 EACH DIRECTION

Start in an orthodox boxing stance, with your feet apart, legs slightly bent, guard up and leading with your left. Jump and switch sides so you're leading with your right in a southpaw stance. Focus on jumping explosively each time and keeping your hands high.



**To make
it harder,
throw a
jab every
time you
land**

MAKING WEIGHT

Mark Ellison, performance nutritionist for Team GB boxing since 2008, explains how boxers shed weight without losing strength before a fight

1 Set realistic targets

"We don't accept crash diets," says Ellison. "They're not sustainable or healthy so we work to long-term targets. Our fighters will aim to lose half a kilogram of fat mass each week over a minimum period of five weeks before a fight so they're not fatigued and don't lose muscle mass."

2 Remove evening carbs

"In stage one of making weight the boxer simply removes carbs from their evening meal. That will cut around 200 calories a day. In place of pasta and bread they eat more meat or fish and vegetables. And they keep their daily carbs to slow-release - sweet potatoes, brown rice and lots of fruit."

3 Remove morning carbs

"They run in the morning after an overnight fast so they're low on carbs and get a really good adaptation from that training. When we need to move to the next stage, we remove carbs - porridge or wholegrain toast - from breakfast too and replace them with eggs."

4 Manipulate fluids

"The night before a weigh-in we might limit their fluid intake - the days of sweating everything out in a sauna are gone. We limit that final weight loss to no more than 2% of bodyweight. After they get weighed they rehydrate with 500ml of a carb and electrolyte solution."

Fitness First is the official fitness partner for Team GB.
For further information go to fitnessfirst.co.uk



Abs finisher

Reinforce your core with four spins of this circuit, resting 60 seconds between rounds

①

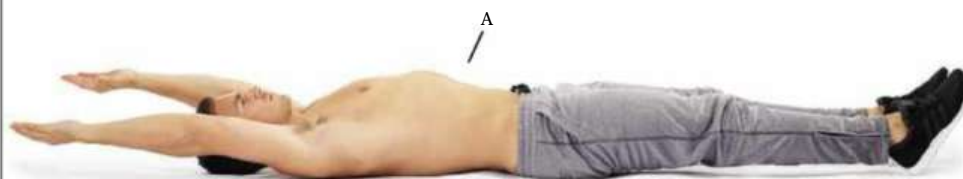
SUPERPLANK

TIME 30SEC

Start in a plank position with your glutes and core engaged to keep your hips up and resting on your elbows. Keeping your body in a straight line, rise onto one hand at a time to finish in a press-up position, then return to the plank. Change the arm you lead with every five reps.



Don't let your legs touch the floor between reps



②

V-SIT

REPS 10

Lie with your legs and arms outstretched. Contract your core and exhale as you raise your legs and hands to meet in the middle, then inhale as you return to the start.

③

V-SIT LEG CIRCLE

REPS 10 EACH SIDE

Contract your core and put your hands on the floor for balance as you sit up with your legs together off the floor. Slowly rotate your legs to trace a wide circle.



④

SIDE PLANK HIP THRUSTER

TIME 30SEC EACH SIDE

Lie on your side, resting on your elbow, and contract your core and glutes to keep your body in a straight line. With your upper legs just off the floor, thrust your hips as high as you can and back to the start, keeping them off the floor throughout.

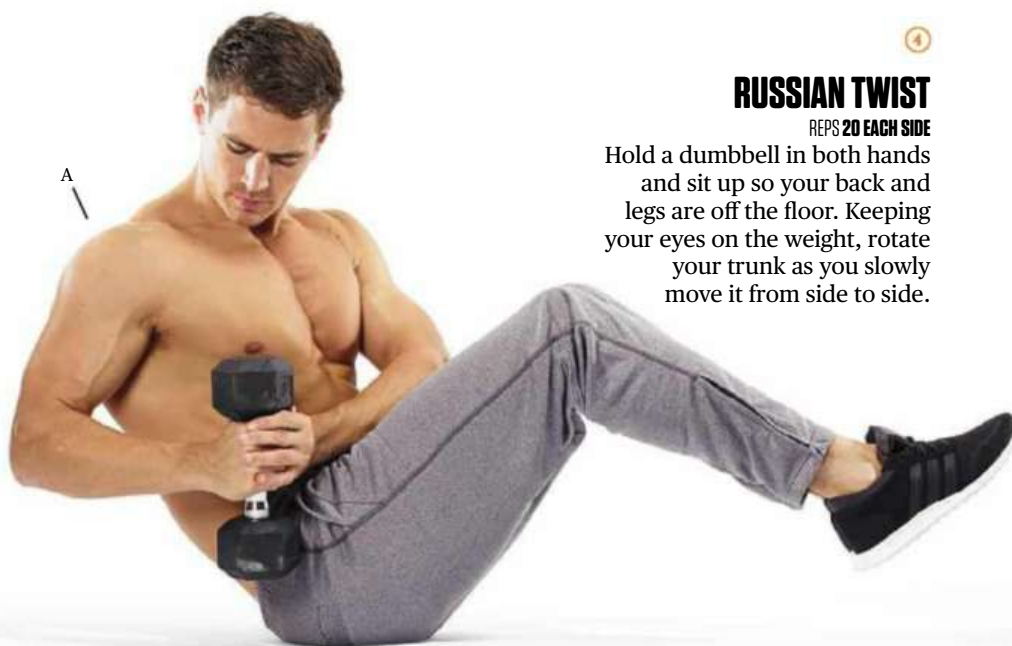


HOW TO HIT A HEAVY BAG

RUSSIAN TWIST

REPS 20 EACH SIDE

Hold a dumbbell in both hands and sit up so your back and legs are off the floor. Keeping your eyes on the weight, rotate your trunk as you slowly move it from side to side.



**Don't
rush – go
slow and
controlled**



Cut loose on a heavy bag without getting sucker punched, using tips from Dan Lawrence, conditioning coach of British middleweight champ George Groves (train2winboxing.com)

1 Prime your wrists

“Do three sets of ten press-ups on your knuckles. Unlike normal press-ups, this safely puts force through your wrists to strengthen them in preparation for impact on the bag.”

2 Footwork

“Focus on your feet before combinations. Wrap a resistance band around your knees and keep it stretched as you move around the bag to force yourself to maintain a wide stance.”

3 Strike cleanly

“Bending your wrist on impact will lose power and increase injury risk, so keep it straight and hit the bag with the flat area between the second and third knuckle.”

4 Master the fundamentals

“Work on your cross (straight right if using an orthodox stance) and lead (left) hook. For the cross, pivot on the ball of your back foot as you throw your fist out to generate power through your hips. Keep your shoulder high to cover your chin. For the hook, keep your forearm parallel to the ground as you pivot on the ball of your left foot, and rotate through your hips. This will help you transfer power from the ground up your body to the point of contact.”

5 Go to work

“Now you have the basics, use this combo to burn off shedloads of calories: double left jab, right cross, short left hook at head height, power left hook at body height. Keep your form tidy with a high guard and strong base and repeat this combo ten times, then rest for 15 seconds before switching up the combo for the next flurry of punches. Do this ten times throughout a session.”



Follow Chris Eubank Jr's coach @00jrl and #teameubank on Instagram to see Eubank's workouts

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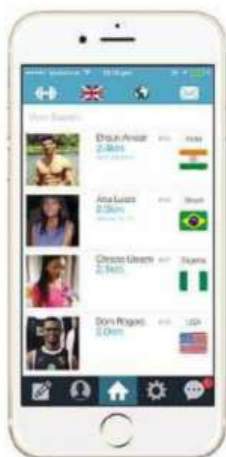
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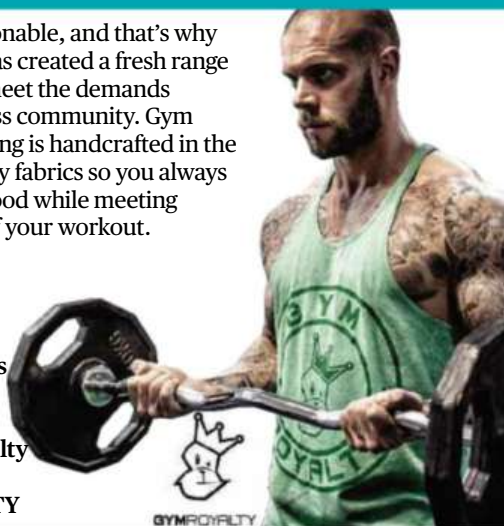
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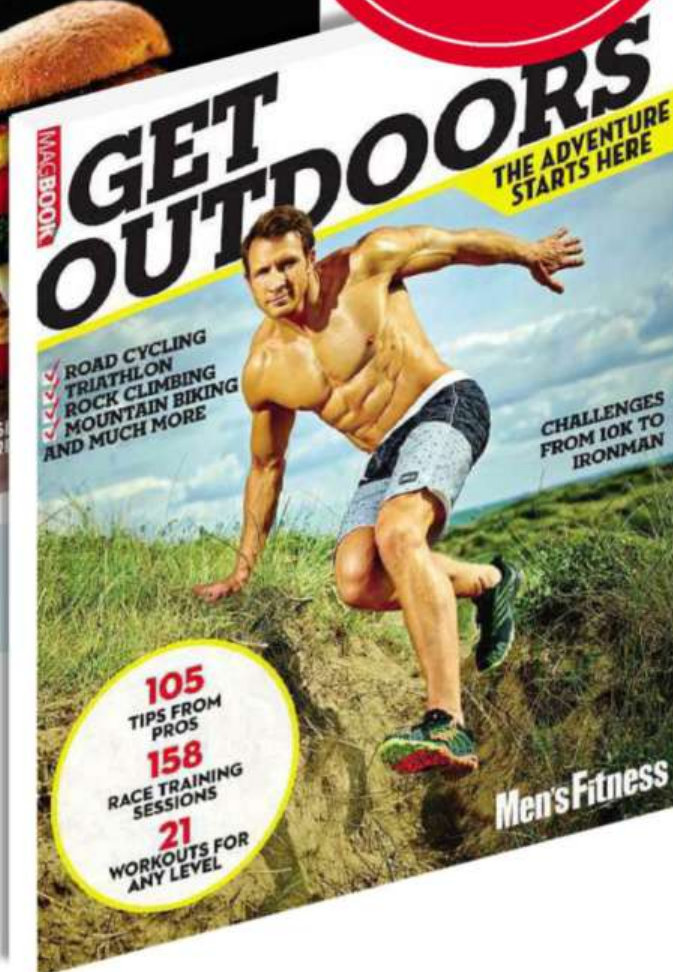
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Interesting person

Average day



Jimi Manuwa

35-year-old British pro MMA fighter, competing in the UFC's light heavyweight division

"I don't eat breakfast. I always used to, but there were a couple of times I was late to training and didn't have time to eat, and I actually felt better... so I stuck to it."

"After training I'm starving. I have a big lunch - usually chicken pasta and a massive salad."

"If I'm away I speak to my family on FaceTime after lunch, unless I've got press obligations or meetings. Or I'll sleep for an hour or so - I'm quite a lethargic person."

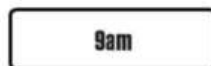


"Sometimes I don't have much appetite after training. I'll order food, then stare at it for 20 minutes before I force it down."

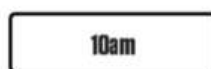


Wake up

"I'm not a morning person, but once I get in fight camp my body clock wakes me up. Usually I set my alarm two hours before training so I can stay in bed and start the day slowly."

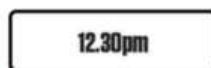


Not breakfast

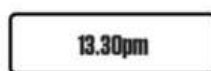


Kickboxing

"I've been in Sweden [at Stockholm's Allstars Training Center] for a couple of weeks for my pre-fight training camp. The session varies every day. On Mondays it's kickboxing."

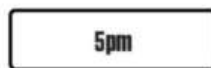


Big lunch

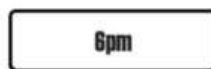


FaceTime

"I have a shake before my evening training. A typical one would have protein powder, two bananas, broccoli, natural peanut butter, spinach, acai and MCT oil."

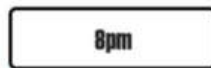
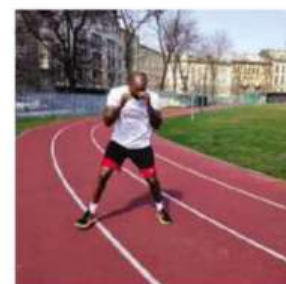


Blender

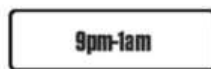


Training

"Another two-hour session - on Mondays it's wrestling. My favourite session is probably sparring, but in a fight camp there are often days when you're tired and beaten up, so I don't always love it."



Dinner



Switching off

"I spend time with my family if I'm home or FaceTime them if I'm away. I don't really play computer games. Last game I probably played was *Call Of Duty: Black Ops*. After my son easily completed a level I'd been stuck on for months I never played it again!"

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